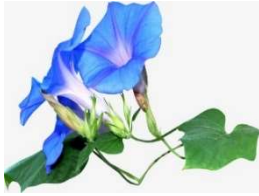


## Erie County Stay Fit Dining Program Ken Ton



### May 2026 Frozen Meals



The Erie County Stay Fit Dining Program Frozen Meals Program Ken Ton is pleased to offer the 5 pack variety of Frozen Meals. During May 2025, the following entrees are planned to be included in the 5 pack. Please note the weekly 5 pack entrees are subject to change. Each entrée comes with vegetable, bread, milk and dessert. The date on the meal is the date on which it is prepared and frozen. Meals include a nutritious variety of foods to enjoy! The 5 Pack Frozen Meals are picked up on the Monday, unless Monday is a holiday, then pick up is Tuesday. Please remember that a contribution of \$3.50 per meal (\$17.50 per 5 pack) is suggested, but any amount is appreciated and goes toward the meals. Thank you in advance for your contribution!

**Monday, May 4** Pasta with Meatballs & Low Sodium Tomato Sauce, Tuna Noodle Casserole, Breaded Chicken Breast, Sloppy Joe, Philly Macaroni & Cheese

**Monday, May 11** Meatloaf with Low Sodium Gravy, Seasoned Beef Strips, Pork Chop with Low Sodium Gravy, Buffalo Chicken Pasta, Apricot Chicken

**Monday, May 18** Beef Stew, Low Sodium Ham with Pineapple, Chicken and Spinach White Lasagna, Stuffed Pepper Casserole, Low Sodium Turkey Breast with Low Sodium Gravy

**Tuesday, May 26** Chicken Salsa, Sliced Roast Beef with Low Sodium Gravy, Cheese Ravioli with Low Sodium Tomato Meat Sauce, Fajita Chicken Over Rice with Black Beans and Tomato Salsa, Grilled Hot Dog with Baked Beans or Chef's Choice

\*If you have a food allergy, please notify us.



