

Erie County Stay Fit Dining Program Ken Ton



August 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 August 2026, 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, August 3 Veal Parmesan, Tuna Noodle Casserole, Breaded Chicken Breast, Sloppy Joe, Tomato & Basil Macaroni & Cheese

Monday, August 10 Meatloaf with Low Sodium Gravy, Seasoned Beef Strips, Pork Chop with Low Sodium Gravy, Buffalo Chicken Pasta, Garlic & Spinach Shrimp or Chef's Choice

Monday, August 17 Beef Stew, Low Sodium Ham with Pineapple, Chicken Parmesan, Stuffed Pepper Casserole, Low Sodium Turkey with Low Sodium Gravy

Monday, August 24 Chicken Salsa Bake, Barbecue Pulled Pork, Cheese Ravioli with Tomato Meat Sauce, Sliced Roast Beef with Low Sodium Gravy, Fajita Chicken Over Rice with Black Beans and Tomato Salsa

Monday, August 31 Beef Chili con Carne, Chicken Breast with Mango Salsa, Southwest Cheese Frittata, Sliced Pork Loin with Cran-Apple Chutney, Eggplant Parmesan

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

