

# FROZEN MEAL SERVICE *(Published November 2019)*

Agency: \_\_\_\_\_

For Delivery Week: \_\_\_\_\_

Name: \_\_\_\_\_

Route (Agency use only)
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## BEEF

- 12005 \_\_\_ Macaroni, Meat & Cheese Casserole
- 12008 \_\_\_ Beef Stew **LF LS**
- 12017 \_\_\_ Salisbury Steak
- 12046 \_\_\_ Chopped Swiss Steak **LF LS**
- 12062 \_\_\_ Meatloaf in Mushroom Gravy **LS**
- 12087 \_\_\_ Liver & Onions **LF**
- 12092 \_\_\_ Meat Lasagna **LF LS**
- 12108 \_\_\_ Shepherd's Pie **LF LS**
- 12109 \_\_\_ Italian-style Breaded Veal **LF LS**
- 12111 \_\_\_ Spaghetti Bolognese **LF**
- 12118 \_\_\_ Steak & Mushroom Pie
- 12125 \_\_\_ Meatballs in Gravy
- 12130 \_\_\_ Beef Stroganoff **LF LS**
- 12132 \_\_\_ Sliced Beef with Onion Gravy **LF**
- 12146 \_\_\_ Meatballs and Peppers
- 12150 \_\_\_ Sliced Beef with Mushroom Gravy **LF**
- 12157 \_\_\_ Steak and Potato Stew **LF**
- 12164 \_\_\_ Traditional Pot Roast **LF GF**

## CHICKEN & TURKEY

- 12001 \_\_\_ Chicken à la King **LF**
- 12032 \_\_\_ Country Chicken **LF**
- 12057 \_\_\_ Breaded Chicken Breast
- 12078 \_\_\_ Chicken Cacciatore **LF LS**
- 12090 \_\_\_ Roast Chicken Thigh **LF**
- 12094 \_\_\_ Lemon Chicken **LF LS**
- 12113 \_\_\_ Breaded Chicken Fingers
- 12114 \_\_\_ General Tso's Chicken **LF**
- 12116 \_\_\_ Chicken Stew **LF**
- 12124 \_\_\_ Chicken Breast with Broccoli & White Cheddar Sauce
- 12127 \_\_\_ Turkey Chili **LF LS**
- 12135 \_\_\_ Chicken Pot Pie
- 12139 \_\_\_ Sweet & Sour Chicken **LF**
- 12141 \_\_\_ Chicken Breast with Bacon Cheddar Sauce **GF**
- 12142 \_\_\_ Chicken with Mushroom Gravy **LF LS**
- 12148 \_\_\_ Chicken with Honey BBQ Sauce **LF LS**
- 12159 \_\_\_ Chicken Florentine Penne **LF**

- 12163 \_\_\_ Chicken Curry **LF LS**
- 12165 \_\_\_ Creamy Ranch Chicken **GF**
- 12168 \_\_\_ Turkey with Stuffing **LF**
- 12175 \_\_\_ Chicken with Tangy BBQ Sauce **LF LS**

## PORK

- 12020 \_\_\_ Pork with Stuffing **LF LS**
- 12073 \_\_\_ Tourtiere Meat Pie
- 12089 \_\_\_ Rib-Style Pork Cutlet
- 12115 \_\_\_ Baked Ham **LF**
- 12138 \_\_\_ Bangers & Mash
- 12143 \_\_\_ Seasoned Pork Loin **LF**
- 12173 \_\_\_ Apple Braised Pork **LF**

## FISH

- 12003 \_\_\_ Fish Florentine **LF LS**
- 12013 \_\_\_ Fish & Chips
- 12018 \_\_\_ Tuna Pasta Casserole
- 12063 \_\_\_ Salmon in Lemon Sauce
- 12119 \_\_\_ Asian-Style Glazed Salmon **LF LS**
- 12134 \_\_\_ Fish Cakes
- 12167 \_\_\_ Lemon Herb Fish **LF LS GF**

## VEGETARIAN & CHEESE

- 10007 \_\_\_ Vegetarian Pasta Primavera **LF LS V**
- 10047 \_\_\_ Cheese Omelette **V**
- 10060 \_\_\_ Vegetarian Stew **LF V**
- 10062 \_\_\_ Vegetarian Chili **LF V**
- 10063 \_\_\_ Vegetarian Dhal **LF V GF**
- 12021 \_\_\_ Vegetable Lasagna **V**
- 12079 \_\_\_ Macaroni & Cheese **V**
- 12131 \_\_\_ Chana Masala **LF V**
- 12137 \_\_\_ Vegetarian Tofu Stew **LF V**
- 12153 \_\_\_ Broccoli, Mushroom and Rice Casserole
- 12155 \_\_\_ Tofu Teriyaki **LF V**
- 12158 \_\_\_ Spaghetti with Tomato Sauce **LF V**
- 12176 \_\_\_ Scrambled Eggs & Homefries **V**

## GLUTEN-FREE

- 10063 \_\_\_ Vegetarian Dhal **LF V GF**
- 12141 \_\_\_ Chicken Breast with Cheddar & Bacon Sauce **GF**
- 12164 \_\_\_ Traditional Pot Roast **GF**
- 12165 \_\_\_ Creamy Ranch Chicken **GF**
- 12167 \_\_\_ Lemon Herb Fish **LF LS GF**

## SOUP

- 93007 \_\_\_ Beef Barley Soup **LF**
- 93012 \_\_\_ Cream of Cauliflower Soup **LF V**
- 93022 \_\_\_ Rice and Turkey Soup **LF**
- 93023 \_\_\_ Cream of Tomato Soup **LF V**
- 93025 \_\_\_ Beef & Vegetable Soup **LF**
- 93030 \_\_\_ Carrot Soup **LF V**
- 93032 \_\_\_ Cream of Mushroom Soup **V**
- 93033 \_\_\_ Split Pea & Ham Soup **LF**
- 93036 \_\_\_ Cream of Potato & Leek Soup **LF V**
- 93039 \_\_\_ Broccoli Soup **LF V**
- 93051 \_\_\_ Chicken & Vegetable Soup **LF**
- 93063 \_\_\_ Squash Soup **LF V**
- 93352 \_\_\_ Tomato Lentil Soup **LF V**
- 93354 \_\_\_ Minestrone Soup **LF V**
- 93355 \_\_\_ Chicken Noodle Soup **LF**
- 93356 \_\_\_ Country Vegetable Soup **LF V**

## BREAKFAST

Choose 1 Juice + 1 Starch

- 07085 \_\_\_ Orange Juice **LF LS V**
- 07086 \_\_\_ Apple Juice **LF LS V**
- 08009 \_\_\_ Raisin Bran Muffin **V**
- 08018 \_\_\_ Carrot Muffin **V**
- 94000 \_\_\_ Cream of Wheat Cereal **LF LS V**
- 94001 \_\_\_ Oatmeal **LF LS V**

## DESSERT

- 09011 \_\_\_ Low Sugar Chocolate Mousse
- 09021 \_\_\_ Low Sugar Strawberry Mousse **LS**
- 09041 \_\_\_ Low Sugar Tangerine Mousse **LS**
- 14008 \_\_\_ Butter Tart
- 14009 \_\_\_ Carrot Cake
- 14011 \_\_\_ Apple Crisp **LS V**
- 14012 \_\_\_ Peach Cobbler **LS V**
- 14013 \_\_\_ Rice Pudding **LF LS V**
- 14014 \_\_\_ Cherry Cobbler **LS V**
- 14015 \_\_\_ Cherry Cheesecake **V**
- 14016 \_\_\_ Fruit Cocktail **LF LS V**
- 14017 \_\_\_ Chocolate Brownie **NAS**
- 14026 \_\_\_ Cherry Streusel **LS V**
- 14056 \_\_\_ Lemon Tart
- 14058 \_\_\_ Banana Cake **V**
- 14076 \_\_\_ Cheesecake **NAS**
- 14077 \_\_\_ Pecan Tart **LS**
- 14080 \_\_\_ Raspberry Tart
- 14092 \_\_\_ Strawberry Shortcake **V**
- 14093 \_\_\_ Lemon Layer Cake **V**
- 14094 \_\_\_ Chocolate Fudge Cake **V**
- 14095 \_\_\_ Sticky Toffee Pudding **V**
- 14096 \_\_\_ Orange Layer Cake **V**
- 14313 \_\_\_ Blueberry Cake **NAS**

*To order Special Diet, Puree, and Minced meals, please contact your local Community Meals agency for an order form.*

- NAS** No Added Sugar
- LF** Low Fat
- LS** Low Sodium
- GF** Gluten-Free
- V** Vegetarian



# FROZEN MEAL PROGRAM (SPECIAL DIETS)

Agency: \_\_\_\_\_

For Delivery Week: \_\_\_\_\_

Name: \_\_\_\_\_

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## SPECIAL DIETS

*Suitable for Gluten-Free, Lactose-Free, Low Sodium and Controlled Potassium & Phosphorus.*

10012	Apple Pork	GF	LF	LS
10017	Beef & Vegetable Casserole	GF		LS
10018	Herbed Fish	GF	LF	LS
10020	Hawaiian Chicken	GF	LF	LS
10021	Turkey with Gravy	GF	LF	LS
10033	Chicken with Gravy	GF	LF	LS
10054	Pot Roast Beef	GF		LS

## MINCED

17001	Beef Dinner		LF	
17002	Apple Braised Pork			LS
17003	Ham		LF	
17004	Chicken à la King		LF	LS
17005	Turkey Dinner		LF	
17006	Pesto Chicken		LF	LS
17009	Pasta Primavera		LF	
17010	Beef Stew		LF	LS
17012	Honey Dijon Pork		LF	LS
17013	Vegetarian Stew		LF	LS
17014	Sweet & Sour Chicken		LF	LS

## PUREED

16001	Chicken à la King			
16002	Lasagna	LF		
16003	Apple Braised Pork			
16004	Macaroni & Cheese			
16005	Shepherd's Pie			
16006	Turkey Dinner			
16007	Beef & Vegetable Casserole			
16009	Pot Roast Beef			LS
16011	Sweet & Sour Chicken			
16016	Meatloaf			
16017	Lemon Herb Fish			
16018	Chicken Cacciatore		LF	
16020	Spaghetti Bolognese			
16021	Turkey Casserole			
16023	Creamed Salmon			

## PUREED DESSERT

09011	Low Sugar Chocolate Mousse			
09021	Low Sugar Strawberry Mousse			LS
09041	Low Sugar Tangerine Mousse			LS

## THICKENED SOUP

13053	Broccoli		LF	
13054	Carrot			
13055	Cauliflower			
13056	Chicken Noodle		LF	
13057	Mushroom			
13058	Tomato Beef		LF	

## LOW SODIUM SOUP

93346	Low Sodium Chicken Noodle			LS
93347	Low Sodium Minestrone		LF	LS
93348	Low Sodium Tomato Lentil		LF	LS V
93349	Low Sodium Country Vegetable		LF	LS V

GF *Gluten Free*  
 LF *Low Fat*  
 LS *Low Sodium*  
 V *Vegetarian*

