

FROZEN MEAL SERVICE *(Published November 2018)*

Agency: _____
 For Delivery Week: _____
 Name: _____

Route
 (Agency use only)

BEEF

- 12005 ___ Macaroni, Meat & Cheese Casserole
- 12008 ___ Beef Stew **LS**
- 12017 ___ Salisbury Steak
- 12046 ___ Chopped Swiss Steak **LS**
- 12062 ___ Meatloaf in Mushroom Gravy **LS**
- 12087 ___ Liver & Onions **LF**
- 12092 ___ Meat Lasagna
- 12108 ___ Shepherd's Pie **LF LS**
- 12109 ___ Italian-style Breaded Veal **LF LS**
- 12111 ___ Spaghetti Bolognese **LF**
- 12118 ___ Steak & Mushroom Pie **LS**
- 12125 ___ Meatballs in Gravy **LS**
- 12130 ___ Beef Stroganoff **LS**
- 12132 ___ Sliced Beef with Onion Gravy **LF**
- 12146 ___ Meatballs and Peppers **LF**
- 12150 ___ Sliced Beef with Mushroom Gravy **LF**
- 12157 ___ Steak and Potato Stew
- 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 **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**
- 12156 ___ Coconut Lime Chicken

- 12159 ___ Chicken Florentine Penne **LF**
- 12163 ___ Chicken Curry **LF LS GF**
- 12165 ___ Creamy Ranch Chicken **GF**
- 12168 ___ Turkey with Stuffing **LF**

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**
- 12149 ___ Ham and Broccoli Casserole

FISH

- 12003 ___ Fish Florentine **LF LS**
- 12013 ___ Fish & Chips
- 12063 ___ Salmon in Lemon Sauce
- 12119 ___ Asian-Style Glazed Salmon **LF LS**
- 12134 ___ Fish Cakes
- 12162 ___ Creamed Salmon Supreme
- 12167 ___ Lemon Herb Fish **LF LS GF**

VEGETARIAN & CHEESE

- 10007 ___ Vegetarian Pasta Primavera **LF V**
- 10047 ___ Cheese Omelet **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**
- 12152 ___ Vegetable and Lentil Pot Pie **V**
- 12153 ___ Broccoli, Mushroom and Rice Casserole
- 12155 ___ Tofu Teriyaki **LF V**
- 12158 ___ Spaghetti with Tomato Sauce **LF V**

GLUTEN-FREE

- 10063 ___ Vegetarian Dhal **LF V GF GF**
- 12141 ___ Chicken Breast with Cheddar & Bacon Sauce **GF**
- 12164 ___ Traditional Pot Roast **LF 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
- 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**

DESSERT

- 09011 ___ Low Sugar Chocolate Mousse
- 09021 ___ Low Sugar Strawberry Mousse **LS**
- 09041 ___ Low Sugar Tangerine Mousse **LS**
- 14008 ___ Butter Tart
- 14009 ___ Carrot Cake **V**
- 14011 ___ Apple Crisp **LS V**
- 14012 ___ Peach Cobbler **LS V**
- 14013 ___ Rice Pudding **LF LS V**
- 14014 ___ Cherry Cobbler **LF LS V**
- 14016 ___ Fruit Cocktail **LF LS V**
- 14017 ___ Chocolate Brownie **NAS V**
- 14026 ___ Cherry Streusel **LS V**
- 14056 ___ Lemon Tart
- 14058 ___ Banana Cake **V**
- 14076 ___ Cheesecake **NAS V**
- 14077 ___ Pecan Tart **LS**
- 14080 ___ Raspberry Tart
- 14091 ___ Strawberry Swirl Cheesecake **V**
- 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 V**

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



Meals are \$5.75 each, or \$36.50 when ordered in a package of seven meals OR five meals and five soups/desserts. Meals will be delivered to you on the first Monday of every month, unless it is a statutory holiday (delivery will then be on the second Monday of that month). Orders must be received at least one week before delivery date.

FROZEN MEAL SERVICE (SPECIAL DIETS)

Agency: _____

For Delivery Week: _____

Name: _____

Route (Agency use only)

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

GLUTEN-FREE

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

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

