




FROZEN MEAL MONTHLY ORDERS

Name: _____

Phone #: _____

Frozen Meals are \$5.75 per Meal.
Soups and Desserts are \$2.50 each.

Code	Entree	Qty	Code	Entree	Qty
Beef:			Chicken:		
10054	Beef Pot Roast (LF)		12001	Chicken a la King (LF)	
12005	Macaroni Meat & Cheese Casserole		12032	Country Chicken (LF)	
12008	Beef Stew (LF, LS)		12078	Chicken Cacciatore (LF, LS)	
12046	Chopped Swiss Steak (LF, LS)		12090	Roast Chicken Thigh (LF)	
12062	Meatloaf in Mushroom Gravy (LF, LS)		12094	Lemon Chicken (LF, LS)	
12087	Liver & Onions (LF)		12113	Breaded Chicken Fingers	
12092	Meat Lasagna		12114	General Tao's Chicken (LF)	
12108	Shepherd's Pie (LF, LS)		12116	Chicken Stew (LF)	
12111	Spaghetti Bolognese (LF)		12124	Chicken Breast with Broccoli and White Cheddar Sauce	
12118	Steak & Mushroom Pie		12127	Turkey Chili (LF, LS)	
12125	Meatballs in Gravy		12135	Chicken Pot Pie	
12130	Beef Stroganoff (LS)		12139	Sweet and Sour Chicken (LF)	
12146	Meatballs and Peppers		12141	Chicken Breast with Bacon and Cheddar Sauce	
12150	Sliced Beef with Mushroom Gravy (LF)		12142	Chicken with Mushroom Gravy (LF, LS)	
12164	Traditional Pot Roast (LF)		12148	Chicken with Honey BBQ Sauce (LF, LS)	
12178	Oriental Beef (LF)		12168	Turkey with Stuffing (LF)	
12184	Sliced Beef with Creamy Peppercorn Sauce (LF)		12175	Chicken with Tangy BBQ Sauce (LF, LS)	
12185	Meatloaf with Tomato Sauce (LS)		12177	Sweet Curry Chicken	
12186	Cabbage and Beef Casserole (LF, LS)		12179	Chicken and Chorizo Jambalaya	
			12180	Chicken Pasta Rose (LF)	
			12187	Honey Apple Glazed Chicken (LF)	
			12189	Butter Chicken	

Code	Entree	Qty	Code	Entree	Qty
<u>Pork:</u>			<u>Vegetarian & Cheese</u>		
12020	Pork with Stuffing (LF, LS)		10007	Vegetarian Pasta Primavera (LF, VV)	
12089	Rib-Style Pork Cutlet		10047	Cheese Omelette (V)	
12115	Baked Ham (LF)		10060	Vegetarian Stew (LF, VV)	
12138	Bangers and Mash		10062	Vegetarian Chili (LF, VV)	
12143	Seasoned Pork Loin (LF)		10063	Vegetarian Dhal (LF, VV)	
12173	Apple Braised Pork (LF)		12021	Vegetable Lasagna (V)	
12181	Sweet and Sour Pork (LF, LS)		12079	Macaroni & Cheese (V)	
<u>Fish:</u>			12131	Chana masala (LF, VV)	
12003	Fish Florentine		12158	Spaghetti with Tomato Sauce (LF, V)	
12013	Fish and Chips		12176	Scrambled Eggs & Home fries (V)	
12018	Tuna Pasta Casserole (LF)		12182	Mexican rice and Bean Casserole (LF, V)	
12063	Salmon in Lemon Sauce		12188	Vegetable Curry (LF, LS, VV)	
12119	Asian-Style Glazed Salmon (LF, LS)		<u>Special Diets: (Gluten-Free, Lactose-free, Low Sodium and Controlled Potassium and Phosphorus)</u>		
12134	Fish Cakes (LF)		10012	Apple Braised Pork (GF, LF, LS)	
12167	Lemon Herb Fish (LF, LS)		10017	Beef and Vegetable Casserole (GF, LF, LS)	
<u>Halal:</u>			10018	Herbed Fish (GF, LF, LS)	
12022	Chicken Biryani		10020	Hawaiian Chicken (GF, LF, LS)	
12023	Beef Curry		10021	Turkey with Gravy (GF, LF, LS)	
12025	Lemon and Herb Chicken Souvlaki		10033	Chicken with Gravy (GF, LF, LS)	
12028	Chana Masala		 <p>Enhancing health & well-being</p>		
12029	White fish with Spiced Rice				
12191	Vegetarian Dhal				

Code	Entree	Qty	Code	Entree	Qty
<u>Pureed:</u>			<u>Minced:</u>		
16001	Chicken a la King		17001	Beef Dinner	
16002	Vegetable Lasagna (V)		17002	Apple Braised Pork	
16003	Apple Braised Pork		17003	Ham (LF)	
16004	Macaroni and Cheese		17004	Chicken a la King (LF)	
16005	Shepherds Pie		17005	Turkey Dinner	
16006	Turkey Dinner		17006	Pesto Chicken (LF)	
16007	Beef and Vegetable Casserole		17009	Pasta Primavera (LF, VV)	
16009	Beef Pot Roast		17010	Beef Stew (LF)	
16011	Sweet and Sour Chicken (LF)		17012	Honey Dijon Pork (LF)	
16016	Meatloaf		17013	Vegetarian Stew (LF, V)	
16017	Lemon Herb Fish		17014	Sweet and Sour Chicken (LF, LS)	
16018	Chicken Cacciatore (LF)		<u>Thickened Soup:</u>		
16020	Spaghetti Bolognese		13053	Broccoli (LF)	
16021	Turkey Casserole		13054	Carrot	
16023	Creamed Salmon		13055	Cauliflower (LF)	
			13056	Chicken Noodle (LF)	
			13057	Mushroom	
			13058	Tomato Beef (LF)	

Code	Entree	Qty	Code	Entree	Qty
Regular Soups:			Desserts:		
93007	Beef Barley Soup (LF)		14008	Butter Tart	
93012	Cream of Cauliflower Soup (V)		14015	Cherry Cheesecake	
93022	Rice and Turkey Soup (LF)		14016	Fruit Cocktail (LF, LS, VV)	
93023	Cream of Tomato Soup (V)		14056	Lemon Tart	
93025	Beef and Vegetable Soup (LF)		14077	Pecan Tart (LS)	
93030	Carrot Soup (LF, V)		14080	Raspberry Tart (LS)	
93032	Cream of Mushroom Soup (V)		14092	Strawberry Shortcake (LS, V)	
93033	Split Pea and Ham Soup (LF)		14093	Lemon Layer Cake (LS, V)	
93036	Cream of Potato and Leak Soup (V)		14094	Chocolate Fudge Cake (LS, V)	
93039	Broccoli Soup (LF, VV)		14095	Sticky Toffee Pudding (V)	
93051	Chicken and Vegetable Soup (LF)		14096	Orange Layer Cake (V)	
93063	Squash Soup (VV)				
93354	Minestrone Soup (LF, V)				
93355	Chicken Noodle Soup (LF)				
93356	Country Vegetable Soup (LF, VV)				
Breakfast: (Choose 1 Juice + Starch)					
07085	Orange Juice (LF, LS, VV)		<p>NAS – No Added Sugar</p> <p>LF – Low Fat</p> <p>LS – Low Sodium</p> <p>GF – Gluten Free</p> <p>V – Vegetarian</p> <p>VV – Vegan</p>		
07086	Apple Juice (LF, LS, VV)				
08009	Raisin Bran Muffin (V)				
08018	Carrot Muffin (V)				
94000	Cream of Wheat Cereal (LF, LS, V)				
94001	Oatmeal (LF, LS, V)				