

FROZEN MEAL SERVICE *(Published November 2019)*

Agency: _____

For Delivery Week: _____

Name: _____

Route (Agency use only)

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**
- 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 **V**
- 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** **V**
- 14026 ___ Cherry Streusel **LS V**
- 14056 ___ Lemon Tart
- 14058 ___ Banana Cake **V**
- 14076 ___ Cheesecake **NAS** **V**
- 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** **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



FROZEN MEAL SERVICE (SPECIAL DIETS)

Agency: _____

For Delivery Week: _____

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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*

