

# 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**

*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 *(Published November 2019)*

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

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

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

Route (Agency use only)
----------------------------

## 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 **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

