

FROZEN MEAL PROGRAM

(Effective date, October 11, 2016.)

Agency: _____

For Delivery Week: _____

Name: _____

Route
(Agency use only)

BEEF

- 12005 Macaroni Meat & Cheese Casserole LS
- 12008 Beef Stew LF
- 12010 Traditional Pot Roast LS
- 12017 Salisbury Steak LS
- 12046 Chopped Swiss Steak LS
- 12062 Meatloaf in Mushroom Gravy LF
- 12087 Liver & Onions LF
- 12092 Meat Lasagna LF
- 12096 Ginger Beef LF
- 12108 Shepherd's Pie LF
- 12109 Veal Parmigiana LF
- 12111 Spaghetti Bolognese LFLS
- 12118 Steak & Mushroom Pie LFLS
- 12125 Meatballs in Gravy LS
- 12130 Beef Stroganoff LS
- 12132 Sliced Beef w/ Onion Gravy LS
- 12140 Beef Curry LS
- 12146 Meatballs and Peppers LS
- 12150 Sliced Beef w/ Mushroom Gravy LS

CHICKEN & TURKEY

- 12001 Chicken à la King LS
- 12007 Turkey w/ Stuffing & Cranberry Sauce LFLS
- 12032 Country Chicken LFLS
- 12057 Breaded Chicken Breast LF
- 12078 Chicken Cacciatore LF
- 12090 Roast Chicken LF
- 12094 Lemon Chicken LFLS
- 12113 Breaded Chicken Fingers LS
- 12114 General Tso's Chicken LS
- 12116 Chicken Stew LFLS
- 12124 Chicken Breast w/ White Cheddar and Broccoli Sauce LF
- 12127 Turkey Chili LS
- 12135 Chicken Pot Pie LS
- 12139 Sweet & Sour Chicken LFLS
- 12141 Chicken Breast w/ Cheddar & Bacon Sauce LFLS
- 12142 Herbed Chicken with Mushroom Gravy LFLS

GLUTEN-FREE

- 12140 Beef Curry GF
- 12141 Chicken Breast w/ Cheddar & Bacon Sauce GF
- 12142 Herbed Chicken w/ Mushroom Gravy GF LFLS
- 12143 Seasoned Pork Loin GF
- 12144 Fisherman's Pie GF LFLS

DESSERT

- 09011 Low Sugar Choc Mousse LS
- 09021 Low Sugar Straw Mousse LS
- 09041 Low Sugar Tang Mousse LS
- 14008 Butter Tart LS
- 14009 Carrot Cake LS
- 14011 Apple Crisp LS
- 14012 Peach Cobbler LFLS
- 14013 Rice Pudding LFLS
- 14014 Cherry Cobbler LS
- 14016 Fruit Cocktail LFLS
- 14022 Vanilla Pudding (2) LS
- 14026 Cherry Streusel LS
- 14056 Lemon Tart NAS
- 14058 Banana Cake LS
- 14076 Cheesecake LS
- 14077 Pecan Tart LS
- 14080 Raspberry Tart LS
- 14091 Strawberry Swirl Cheesecake NAS
- 14092 Strawberry Shortcake LS
- 14093 Lemon Layer Cake LS
- 14094 Chocolate Fudge Cake LS
- 14095 Sticky Toffee Pudding LS
- 14096 Orange Layer Cake LS
- 14313 Blueberry Cake NAS

VEGETARIAN

- 10004 Vegetarian Chili LF
- 10006 Vegetarian Dhal LF
- 10007 Vegetarian Pasta Primavera LF
- 10009 Vegetarian Stew LFLS
- 10047 Cheese Omelet LF
- 12021 Vegetable Lasagna LF
- 12079 Macaroni & Cheese LF
- 12121 Vegetable Chow Mein LF
- 12131 Chana Masala LF
- 12137 Vegetarian Tofu Oriental LFLS
- 12152 Vegetable and Lentil Pot Pie LF
- 12153 Broccoli, Mushroom & Rice Casserole LFLS

BREAKFAST

- Choose 1 Juice + 1 Starch**
- 07085 Orange Juice LFLS
 - 07086 Apple Juice LFLS
 - 08003 Carrot Muffin LFLS
 - 08008 Raisin Bran Muffin LFLS
 - 94000 Cream of Wheat LFLS
 - 94001 Oatmeal LFLS

SOUP

- 93007 Beef Barley LFLS
- 93012 Crm of C'flower LFLS
- 93013 Chicken Noodle LS
- 93014 Minestrone LFLS
- 93015 Country Veg LFLS
- 93017 Crm Potato Chive LFLS
- 93019 Crm Broccoli LFLS
- 93020 Crm Mushroom LFLS
- 93022 Turkey Rice LFLS
- 93023 Crm Tomato LFLS
- 93024 Crm Grn SplitPea LFLS
- 93045 Turkey Noodle LFLS
- 93046 Cdn Split Pea LFLS
- 93047 Italian Wedding LFLS
- 93048 Brocc & Cheese LFLS
- 93050 Crm Chicken LFLS
- 93063 Squash LFLS

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



FROZEN MEAL PROGRAM (SPECIAL DIETS)

Route
(Agency use only)

Agency: _____
 For Delivery Week: _____
 Name: _____

SPECIAL DIETS

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

- 10012 ___ Apple Pork **LFLSGF**
- 10017 ___ Beef & Veg Casserole **LSGF**
- 10018 ___ Herbed Fish **LFLSGF**
- 10020 ___ Hawaiian Chicken **LFLSGF**
- 10021 ___ Turkey with Gravy **LSLFGF**
- 10033 ___ Chicken with Gravy **LFLSGF**
- 10054 ___ Pot Roast Beef **LSGF**

MINCED

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

THICKENED SOUP

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

PUREED

- 16001 ___ Chicken à la King **LF**
- 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 **S**
- 16011 ___ Sweet & Sour Chicken
- 16016 ___ Meatloaf
- 16017 ___ Lemon Herb Fish
- 16018 ___ Chicken Cacciatore
- 16020 ___ Spaghetti Bolognese
- 16021 ___ Turkey Casserole
- 16023 ___ Creamed Salmon

PUREED DESSERT

- 09011 ___ Low Sugar Chocolate Mousse **LS**
- 09021 ___ Low Sugar Strawberry Mousse **LS**
- 09041 ___ Low Sugar Tangerine Mousse **LS**
- 14022 ___ Vanilla Pudding (2)

LOW SODIUM SOUP

- 93346 ___ Low Sodium Chicken Noodle **LS**
- 93347 ___ Low Sodium Minestrone **LFLS**
- 93348 ___ Low Sodium Tomato Lentil **LFLS**
- 93349 ___ Low Sodium Country Vegetable **LFLS**

GF Gluten Free
LF Low Fat
LS Low Sodium

