

FROZEN MEAL SERVICE (Published November 2020)

Agency: _____

For Delivery Week: _____

Name: _____

Route
(Agency use only)

BEEF

12005	Macaroni, Meat & Cheese Casserole		
12008	Beef Stew	LF	LS
12017	S Salisbury Steak		
12046	Chopped Swiss Steak	LF	LS
12062	Meatloaf in Mushroom Gravy	LS	
12087	Liver & Onions	LF	
12092	Meat Lasagna		
12108	Shepherd's Pie	LF	LS
12109	Italian -style Braided Veal	LF	LS
12111	Spaghetti Bolognese	LF	
12118	Steak & Mushroom Pie		
12125	Meatballs in Gravy		
12130	Beef Stroganoff	LF	LS
12146	Meatballs and Peppers		
12150	Sliced Beef with Mushroom Gravy	LF	
12164	Traditional Pot Roast	LF	GF
12178	Oriental Beef	LF	
12183	BBQ Beef Patty		
12184	Sliced Beef With Creamy Peppercorn Sauce		

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		

PORK

12020	Pork with Stuffing	LF	LS
12089	Rib-Style Pork Cutlet		
12115	Baked Ham	LF	
12138	Bangers & Mash		
12143	Seasoned Pork Loin	LF	
12173	Apple Braised Pork	LF	
12181	Sweet and Sour Pork	LF	LS

FISH

12003	Fish Florentine		
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	WV
10047	Cheese Omelette		V
10060	Vegetarian Stew	LF	WV
10062	Vegetarian Chili	LF	WV
10063	Vegetarian Dahl	LF	GF WV
12021	Vegetable Lasagna	V	
12079	Macaroni & Cheese	V	
12131	Chana Masala	LF	WV
12137	Vegetarian Tofu Stew	LF	WV
12155	Tofu Teriyaki	LF	WV
12158	Spaghetti with Tomato Sauce	LF	V
12176	Scrambled Eggs & Homefries	LF	V
12182	Mexican Rice and Bean Casserole	LF	V

GLUTEN-FREE

10063	Vegetarian Dahl	LF	GF WV
12141	Chicken Breast with Cheddar & Bacon Sauce	GF	
12164	Traditional Pot Roast	LF	GF
12167	Lemon Herb Fish	LF	LS GF

SOUP

93007	Beef Barley Soup	LF	
93012	Cream of Cauliflower Soup		V
93022	Rice and Turkey Soup	LF	LS
93023	Cream of Tomato Soup	LS	V
93025	Beef & Vegetable Soup	LF	V
93030	Carrot Soup	LF	V
93032	Cream of Mushroom Soup		V
93033	Split Pea & Ham Soup	LF	
93036	Cream of Potato & Leak Soup		V
93039	Broccoli Soup	LF	WV
93051	Chicken & Vegetable Soup	LF	
93063	Squash Soup	LF	WV
93354	Minestrone Soup	LF	V
93355	Chicken Noodle Soup	LF	
93356	Country Vegetable Soup	LF	LS WV

BREAKFAST

Choose 1 Juice + Starch

07085	Orange Juice	LF	LS WV
07086	Apple Juice	LF	LS WV
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		V
09021	Low Sugar Strawberry Mousse	LF	LS
09041	Low Sugar Tangerine Mousse	LF	LS
14008	Butter Tart		V
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		
14016	Fruit Cocktail		
14017	Chocolate Brownie	LF	LS WV
14026	Cherry Streusel		V
14056	Lemon Tart		V
14058	Banana Cake		
14076	Cheesecake		
14077	Pecan Tart		
14080	Raspberry Tart		
14092	Strawberry Shortcake	LS	V
14093	Lemon Layer Cake	LS	V
14094	Chocolate Fudge Cake	LS	V
14095	Sticky Toffee Pudding	V	
14096	Orange Layer Cake	V	
14313	Blueberry Cake	MAS	V

To order Special Diet, Puree, and Minced meals, please contact your local Community Meals agency for an order form.

MAS No Added Sugar

LF Low Fat

LS Low Sodium

GF Gluten-Free

V Vegetarian

VW Vegan

*Contains Chicken and Pork

