

FROZEN MEAL PROGRAM

(Effective date, October 11, 2016.)

Route
 (Agency use only)

Agency: _____

For Delivery Week: _____

Name: _____

BEEF

- 12005 Macaroni Meat & Cheese Casserole LS
- 12008 Beef Stew LF
- 12010 Traditional Pot Roast LS
- 12017 Salisbury Steak LS
- 12046 Chopped Swiss Steak LF
- 12062 Meatloaf in Mushroom Gravy LF
- 12087 Liver & Onions LS
- 12092 Meat Lasagna LF
- 12096 Ginger Beef LS
- 12108 Shepherd's Pie LF
- 12109 Veal Parmigiana LS
- 12111 Spaghetti Bolognese LFLS
- 12118 Steak & Mushroom Pie LS
- 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 LFLS
- 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 LF
- 12142 Herbed Chicken with Mushroom Gravy LFLS

- 12147 Creamy Ranch Chicken LFLS
- 12148 Chicken w/Honey BBQ Sauce LFLS

PORK

- 12020 Pork with Stuffing LS
- 12073 Tourtiere Meat Pie LS
- 12089 Rib Style Pork Cutlet LF
- 12097 Char Sui Pork LF
- 12115 Baked Ham LF
- 12129 Apple Braised Pork LF
- 12138 Bangers & Mash LS
- 12143 Seasoned Pork Loin LS
- 12149 Ham and Broccoli Casserole LS

FISH

- 12003 Fish Florentine LS
- 12013 Fish & Chips LS
- 12031 Lemon Herb Fish LFLS
- 12063 Salmon in Lemon Sauce LFLS
- 12119 Asian-style Glazed Salmon LFLS
- 12134 Fish Cakes LFLS
- 12144 Fisherman's Pie LFLS
- 12151 Salmon Chowder Casserole LFLS

VEGETARIAN

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

GLUTEN-FREE

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

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 LS
- 14013 Rice Pudding LFLS
- 14014 Cherry Cobbler LS
- 14016 Fruit Cocktail LFLS
- 14022 Vanilla Pudding (2) LS
- 14026 Cherry Streusel LS
- 14056 Lemon Tart LS
- 14058 Banana Cake NAS
- 14076 Cheesecake NAS
- 14077 Pecan Tart LS
- 14080 Raspberry Tart LS
- 14091 Strawberry Swirl Cheesecake NAS
- 14092 Strawberry Shortcake NAS
- 14093 Lemon Layer Cake NAS
- 14094 Chocolate Fudge Cake NAS
- 14095 Sticky Toffee Pudding NAS
- 14096 Orange Layer Cake NAS
- 14313 Blueberry Cake NAS

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 LS
- 93046 Cdn Split Pea LFLS
- 93047 Italian Wedding LS
- 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)

Agency: _____

For Delivery Week: _____

Name: _____

Route (Agency use only)

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
- 13054___ Carrot
- 13055___ Cauliflower
- 13056___ Chicken Noodle **LF**
- 13057___ Mushroom
- 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 **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**
- 14022___ Vanilla Pudding (2) **LS**

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*

