



**NAME:** \_\_\_\_\_

**ROUTE:** \_\_\_\_\_

**DELIVERY WEEK:** \_\_\_\_\_

**ENTREES**

- 101 \_\_\_\_\_ Cheese Omelet **D**
- 201 \_\_\_\_\_ Bangers and Mash **D**
- 202 \_\_\_\_\_ Beef Stew **D LF**
- 204 \_\_\_\_\_ Swiss Steak **D**
- 205 \_\_\_\_\_ Liver and Onions **D LS**
- 207 \_\_\_\_\_ Salisbury Steak **D**
- 208 \_\_\_\_\_ Cabbage Roll **D**
- 209 \_\_\_\_\_ Beef Stroganoff **D LS LF**
- 210 \_\_\_\_\_ Chicken a la King **D LS LF**
- 211 \_\_\_\_\_ Breaded Veal Cutlet **D**
- 212 \_\_\_\_\_ Meatloaf **D**
- 213 \_\_\_\_\_ Roast Pork Loin **D LF**
- 214 \_\_\_\_\_ Roast Turkey **D LS LF**
- 215 \_\_\_\_\_ Pork Medallions **D LS LF**
- 216 \_\_\_\_\_ Chicken Divan **D**
- 217 \_\_\_\_\_ Pot Roast **D LS**
- 218 \_\_\_\_\_ Honey-Mustard Ham **D LF**
- 219 \_\_\_\_\_ Shepherd's Pie **D LS LF**
- 221 \_\_\_\_\_ Chicken Fingers **D**
- 222 \_\_\_\_\_ Boneless BBQ Ribs **D**
- 223 \_\_\_\_\_ Boneless Pork Chop **D LS**
- 225 \_\_\_\_\_ BBQ Chicken **D LS LF**
- 226 \_\_\_\_\_ Swedish Meatballs **D**
- 227 \_\_\_\_\_ Italian Sausage Penne **D**
- 302 \_\_\_\_\_ Salmon Fillet **D LS LF**
- 303 \_\_\_\_\_ Fish and Chips **LS**
- 304 \_\_\_\_\_ Tuna Casserole **D LS LF**
- 305 \_\_\_\_\_ Fish Florentine **D LS**
- 306 \_\_\_\_\_ Fillet of Sole **D**
- 401 \_\_\_\_\_ Sweet + Sour Chicken **LS LF**
- 402 \_\_\_\_\_ Teriyaki Chicken **D LF**

- 404 \_\_\_\_\_ Sweet+Sour Chicken Balls **D LF**
- 405 \_\_\_\_\_ Honey Garlic Ribs **LF**
- 501 \_\_\_\_\_ Spaghetti and Meatballs **D**
- 502 \_\_\_\_\_ Lasagna **D LF**
- 503 \_\_\_\_\_ Chicken Cacciatore **D**
- 504 \_\_\_\_\_ Chicken Alfredo **LF**
- 602 \_\_\_\_\_ Macaroni and Cheese **D**
- 603 \_\_\_\_\_ Vegetarian Lasagna **D LF**
- 701 \_\_\_\_\_ Beef Pot Pie **D**
- 702 \_\_\_\_\_ Chicken Pot Pie **D**

**SOUPS**

- S-1 \_\_\_\_\_ French Onion **D LF**
- S-2 \_\_\_\_\_ Chicken Noodle **D LF**
- S-3 \_\_\_\_\_ Beef Barley **D LF**
- S-4 \_\_\_\_\_ Hearty Vegetable **D LF**
- S-5 \_\_\_\_\_ Minestrone **D LF**
- S-6 \_\_\_\_\_ Cream of Broccoli **D**
- S-7 \_\_\_\_\_ Cream of Mushroom **D**
- S-8 \_\_\_\_\_ Cream of Potato/Leek **D**
- S-9 \_\_\_\_\_ Cream of Carrot **D**
- S-10 \_\_\_\_\_ Cream of Celery **D**
- S-11 \_\_\_\_\_ Cream of Tomato **D LF**
- S-12 \_\_\_\_\_ Cream of Chicken/Veg. **D LF**
- S-13 \_\_\_\_\_ N.E. Clam Chowder **D**
- S-14 \_\_\_\_\_ Steak + Potato Soup **D LF**

**Side Dishes**

- 801 \_\_\_\_\_ Chicken Caesar Salad **D LS**
- 803 \_\_\_\_\_ Wieners + Beans **D**
- 804 \_\_\_\_\_ Beef Chili **D**

**DESSERTS**

- D-1 \_\_\_\_\_ Deep Dutch Brownie **LS**
- D-2 \_\_\_\_\_ Caramel Apple Crumble
- D-3 \_\_\_\_\_ Date Square
- D-4 \_\_\_\_\_ Nanaimo Bar
- D-5 \_\_\_\_\_ Carrot Cake **D LS**
- D-6 \_\_\_\_\_ Chocolate Fudge Cake **LS**
- D-7 \_\_\_\_\_ Orange Citrus Cake **D**
- D-8 \_\_\_\_\_ Banana Split Cake
- D-9 \_\_\_\_\_ Maple Chocolate Mania **D**
- D-10 \_\_\_\_\_ Buttertart
- D-11 \_\_\_\_\_ Rice Pudding **D LS LF**
- D-12 \_\_\_\_\_ Chocolate Pudding
- D-13 \_\_\_\_\_ Butterscotch Pudding
- D-14 \_\_\_\_\_ Cherry Crisp **LS**
- D-15 \_\_\_\_\_ Peach Cobbler
- D-16 \_\_\_\_\_ Cheese Cake **D LS**
- D-17 \_\_\_\_\_ Sticky Toffee Pudding Cake
- D-18 \_\_\_\_\_ Apple Streusel Cake **D LS**
- D-19 \_\_\_\_\_ Fruit Cocktail **D LS LF**
- D-21 \_\_\_\_\_ Black Forest Cake **D LS**
- D-24 \_\_\_\_\_ Pecan Streusel Cake **D LS**
- D-26 \_\_\_\_\_ Triple Berry Crumble **LS**
- D-27 \_\_\_\_\_ Raspberry Tart

**Diet Codes:**

**D** suitable for Diabetic Diet  
**LS** suitable for Low Salt Diet  
**LF** suitable for Low Fat Diet  
 revised December 2010