

FROZEN MEAL SERVICE *(Published May 2023)*

Agency: _____

For Delivery Week: _____

Name: _____

Route (Agency use only)

BEEF

- 10054 ___ Beef Pot Roast **LF**
- 12005 ___ Macaroni Meat & Cheese Casserole
- 12008 ___ Beef Stew **LF LS**
- 12046 ___ Chopped Swiss Steak **LF LS**
- 12062 ___ Meatloaf in Mushroom Gravy **LF LS**
- 12087 ___ Liver & Onions **LF**
- 12092 ___ Meat Lasagna
- 12108 ___ Shepherd's Pie **LF LS**
- 12111 ___ Spaghetti Bolognese **LF**
- 12118 ___ Steak & Mushroom Pie
- 12125 ___ Meatballs in Gravy
- 12130 ___ Beef Stroganoff **LS**
- 12146 ___ Meatballs and Peppers
- 12150 ___ Sliced Beef with Mushroom Gravy **LF**
- 12164 ___ Traditional Pot Roast **LF**
- 12178 ___ Oriental Beef **LF**
- 12184 ___ Sliced Beef With Creamy Peppercorn Sauce **LF**
- 12185 ___ Meatloaf With Tomato Sauce **LS**
- 12186 ___ Cabbage and Beef Casserole **LF LS**

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

- 12142 ___ Chicken with Mushroom Gravy **LF LS**
- 12148 ___ Chicken with Honey BBQ Sauce **LF LS**
- 12168 ___ Turkey with Stuffng **LF**
- 12175 ___ Chicken with Tangy BBQ Sauce **LF LS**
- 12177 ___ Sweet Curry Chicken
- 12179 ___ Chicken and Chorizo Jambalaya*
- 12180 ___ Chicken Pasta Rosé **LF**
- 12187 ___ Honey Apple Glazed Chicken **LF**
- 12189 ___ Butter Chicken

PORK

- 12020 ___ Pork with Stuffng **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 **LF**
- 12063 ___ Salmon in Lemon Sauce
- 12119 ___ Asian-Style Glazed Salmon **LF LS**
- 12134 ___ Fish Cakes **LF**
- 12167 ___ Lemon Herb Fish **LF LS**

VEGETARIAN & CHEESE

- 10007 ___ Vegetarian Pasta Primavera **LF W**
- 10047 ___ Cheese Omelette **V**
- 10060 ___ Vegetarian Stew **LF W**
- 10062 ___ Vegetarian Chili **LF W**
- 10063 ___ Vegetarian Dhal **LF W**
- 12021 ___ Vegetable Lasagna **V**
- 12079 ___ Macaroni & Cheese **V**
- 12131 ___ Chana Masala **LF W**
- 12158 ___ Spaghetti with Tomato Sauce **LF V**

- 12176 ___ Scrambled Eggs & Homefries **V**
- 12182 ___ Mexican Rice and Bean Casserole **LF V**
- 12188 ___ Vegetable Curry **LF LS W**

SOUP

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

BREAKFAST

Choose 1 Juice + Starch

- 07085 ___ Orange Juice **LF LS W**
- 07086 ___ Apple Juice **LF LS W**
- 08009 ___ Raisin Bran Muffin **V**
- 08018 ___ Carrot Muffin **V**
- 94000 ___ Cream of Wheat Cereal **LF LS V**
- 94001 ___ Oatmeal **LF LS V**

HALAL

- 12022 ___ Chicken Biryani **LF**
- 12025 ___ Lemon and Herb Chicken Souvlaki **LF LS**
- 12023 ___ Beef Curry **LF**
- 12029 ___ White Fish with Spiced Rice **LF**
- 12191 ___ Vegetarian Dhal **LF V**
- 12028 ___ Chana Masala **LF**

DESSERT

- 14008 ___ Butter Tart
- ~~14009 ___ Carrot Cake **V**~~
- 14011 ___ Apple Crisp **LS V**
- 14012 ___ Peach Cobbler **LS V**
- 14014 ___ Cherry Cobbler **LS V**
- 14015 ___ Cherry Cheesecake
- 14016 ___ Fruit Cocktail **LF LS W**
- 14026 ___ Cherry Streusel **LS V**
- 14056 ___ Lemon Tart
- 14058 ___ Banana Cake
- 14077 ___ Pecan Tart **LS**
- 14080 ___ Raspberry Tart **LS**
- 14092 ___ Strawberry Shortcake **LS V**
- 14093 ___ Lemon Layer Cake **LS V**
- 14094 ___ Chocolate Fudge Cake **LS V**
- 14095 ___ Sticky Tofee Pudding **V**
- 14096 ___ Orange Layer Cake **V**
- ~~14313 ___ Blueberry Cake **NAS V**~~

All items detailed in this brochure are subject to availability and may change periodically.

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

W Vegan

*Contains Chicken and Pork



FROZEN MEAL SERVICE (SPECIAL DIETS)

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SPECIAL DIETS

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

10012	___ Apple Pork	GF	LF	LS
10017	___ Beef & Vegetable Casserole	GF	LF	LS
10018	___ Herbed Fish	GF	LF	LS
10020	___ Hawaiian Chicken	GF	LF	LS
10021	___ Turkey with Gravy	GF	LF	LS
10033	___ Chicken with Gravy	GF	LF	LS
10054	___ Beef Pot Roast	GF		LS

MINCED

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

PUREED

16001	___ Chicken à la King		
16002	___ Lasagna	LF	
16003	___ Apple Braised Pork		
16004	___ Macaroni & Cheese		
16005	___ Shepherd's Pie		
16006	___ Turkey Dinner	LF	
16007	___ Beef & Vegetable Casserole	LF	
16009	___ Beef Pot Roast		
16011	___ Sweet & Sour Chicken		
16016	___ Meatloaf		
16017	___ Lemon Herb Fish		
16018	___ Chicken Cacciatore	LF	
16020	___ Spaghetti Bolognese		
16021	___ Turkey Casserole	LF	
16023	___ Creamed Salmon		

~~PUREED DESSERT~~

09011	___ Low Sugar Chocolate Mousse		
09021	___ Low Sugar Strawberry Mousse	LS	
09041	___ Low Sugar Tangerine Mousse	LS	

THICKENED SOUP

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

GLUTEN-FREE

10063	___ Vegetarian Dhal	GF	LF	V
12141	___ Chicken Breast with Cheddar & Bacon Sauce	GF		
12164	___ Traditional Pot Roast	GF		
12165	___ Creamy Ranch Chicken	GF		
12167	___ Lemon Herb Fish	GF	LF	LS

GF *Gluten-Free*
LF *Low Fat*
LS *Low Sodium*
V *Vegetarian*

