

# FROZEN MEAL PROGRAM *(Published October 2017)*

Agency: \_\_\_\_\_

For Delivery Week: \_\_\_\_\_

Name: \_\_\_\_\_

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| Route<br>(Agency use only) |
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## BEEF

- 12005 \_\_\_ Macaroni Meat & Cheese Casserole
- 12008 \_\_\_ Beef Stew LS
- 12017 \_\_\_ Salisbury Steak
- 12046 \_\_\_ Chopped Swiss Steak LS
- 12062 \_\_\_ Meatloaf in Mushroom Gravy LS
- 12087 \_\_\_ Liver & Onions LF
- 12092 \_\_\_ Meat Lasagna
- 12108 \_\_\_ Shepherd's Pie LF LS
- 12109 \_\_\_ Italian-style Breaded Veal LF LS
- 12111 \_\_\_ Spaghetti Bolognese LF
- 12118 \_\_\_ Steak & Mushroom Pie LS
- 12125 \_\_\_ Meatballs in Gravy LS
- 12130 \_\_\_ Beef Stroganoff LS
- 12132 \_\_\_ Sliced Beef with Onion Gravy LF
- 12146 \_\_\_ Meatballs and Peppers LF
- 12150 \_\_\_ Sliced Beef with Mushroom Gravy LF
- 12157 \_\_\_ Steak and Potato Stew
- 12164 \_\_\_ Traditional Pot Roast LF

## 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 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
- 12156 \_\_\_ Coconut Lime Chicken

- 12159 \_\_\_ Chicken Florentine Penne LF
- 12163 \_\_\_ Chicken Curry LF LS
- 12165 \_\_\_ Creamy Ranch Chicken
- 12168 \_\_\_ Turkey with Stuffing LF

## PORK

- 12020 \_\_\_ Pork with Stuffing LF LS
- 12073 \_\_\_ Tourtiere Meat Pie
- 12089 \_\_\_ Rib Style Pork Cutlet
- 12115 \_\_\_ Baked Ham LF
- 12138 \_\_\_ Bangers & Mash
- 12143 \_\_\_ Seasoned Pork Loin LF
- 12149 \_\_\_ Ham and Broccoli Casserole

## FISH

- 12003 \_\_\_ Fish Florentine LF LS
- 12013 \_\_\_ Fish & Chips
- 12063 \_\_\_ Salmon in Lemon Sauce
- 12119 \_\_\_ Asian-Style Glazed Salmon LF LS
- 12134 \_\_\_ Fish Cakes
- 12162 \_\_\_ Creamed Salmon Supreme
- 12167 \_\_\_ Lemon Herb Fish LF LS

## VEGETARIAN & CHEESE

- 10007 \_\_\_ Vegetarian Pasta Primavera LF V
- 10047 \_\_\_ Cheese Omelet V
- 10060 \_\_\_ Vegetarian Stew LF V
- 10062 \_\_\_ Vegetarian Chili LF V
- 10063 \_\_\_ Vegetarian Dhal LF V
- 12021 \_\_\_ Vegetable Lasagna V
- 12079 \_\_\_ Macaroni & Cheese V
- 12131 \_\_\_ Chana Masala LF V
- 12137 \_\_\_ Vegetarian Tofu Stew LF V
- 12152 \_\_\_ Vegetable and Lentil Pot Pie V
- 12153 \_\_\_ Broccoli, Mushroom and Rice Casserole
- 12155 \_\_\_ Tofu Teriyaki LF V
- 12158 \_\_\_ Spaghetti with Tomato Sauce LF V

## GLUTEN-FREE

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

## SOUP

- 93007 \_\_\_ Beef Barley Soup LF LS
- 93012 \_\_\_ Cream of Cauliflower Soup V
- 93013 \_\_\_ Chicken Noodle Soup LS
- 93014 \_\_\_ Minestrone Soup LF LS V
- 93015 \_\_\_ Country Vegetable Soup LF LS V
- 93017 \_\_\_ Cream of Potato & Chive Soup V
- 93019 \_\_\_ Cream of Broccoli Soup V
- 93020 \_\_\_ Cream of Mushroom Soup V
- 93022 \_\_\_ Rice and Turkey Soup LF LS
- 93023 \_\_\_ Cream of Tomato Soup V
- 93024 \_\_\_ Cream of Green Split Pea Soup V
- 93045 \_\_\_ Turkey Noodle Soup LS
- 93046 \_\_\_ Canadian Split Pea Soup LF LS
- 93047 \_\_\_ Italian Wedding Soup LS
- 93048 \_\_\_ Broccoli & Cheese Soup LF LS V
- 93050 \_\_\_ Cream of Chicken Soup V
- 93063 \_\_\_ Squash Soup V
- 93346 \_\_\_ Chicken Noodle Soup LS
- 93347 \_\_\_ Minestrone Soup LF LS
- 93348 \_\_\_ Tomato Lentil LS LF LS V
- 93349 \_\_\_ Country Vegetable LS LF LS V

## BREAKFAST

- Choose 1 Juice + 1 Starch
- 07085 \_\_\_ Orange Juice LF LS V
  - 07086 \_\_\_ Apple Juice LF LS V
  - 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
- 09021 \_\_\_ Low Sugar Strawberry Mousse LS
- 09041 \_\_\_ Low Sugar Tangerine Mousse LS
- 14008 \_\_\_ Butter Tart
- 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
- 14016 \_\_\_ Fruit Cocktail LF LS V
- 14017 \_\_\_ Chocolate Brownie NAS V
- 14026 \_\_\_ Cherry Streusel LS V
- 14056 \_\_\_ Lemon Tart
- 14058 \_\_\_ Banana Cake V
- 14076 \_\_\_ Cheesecake NAS V
- 14077 \_\_\_ Pecan Tart LS
- 14080 \_\_\_ Raspberry Tart
- 14091 \_\_\_ Strawberry Swirl Cheesecake V
- 14092 \_\_\_ Strawberry Shortcake V
- 14093 \_\_\_ Lemon Layer Cake V
- 14094 \_\_\_ Chocolate Fudge Cake V
- 14095 \_\_\_ Sticky Toffee Pudding V
- 14096 \_\_\_ Orange Layer Cake V
- 14313 \_\_\_ Blueberry Cake NAS V

*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

