

# FROZEN MEAL SERVICE *(Published May 2023)*

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

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

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

Route  
(Agency use only)  
*suitable for Diabetic*

## 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
- 12141 \_\_\_ Chicken Breast with Bacon Cheddar Sauce **LF**

- 12142 \_\_\_ Chicken with Mushroom Gravy **LF LS**
- 12148 \_\_\_ Chicken with Honey BBQ Sauce **LF LS**
- 12168 \_\_\_ Turkey with Stuffing **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 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 **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**

## 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 Toffee 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