

FROZEN MEAL PROGRAM**FULL DIET****ENTREE PLUS**

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	
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	
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	
702	Chicken Pot Pie	

DESSERTS

D-1	Deep Dutch Brownie	LS
D-2	Caramel Apple Crumble	
D-3	Date Square	D
D-4	Nanaimo Square	
D-5	Carrot Cake	D/LS
D-6	Chocolate Fudge Cake	LS
D-9	Maple Chocolate Mania	D
D-10	Butter Tart	
D-11	Rice Pudding	D/LS/LF
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-26	Triple Berry Crumble	LS

Diet Codes:

D suitable for Diabetic Diet
 LS suitable for Low Salt Diet
 LF suitable for Low Fat Diet