

**FROZEN MEAL PROGRAM**

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

**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 LS
- 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 LS LF

**FULL DIET**

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

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

**SOUPS**

- S-2 \_\_\_ Chicken Noodle D LF
- S-3 \_\_\_ Beef Barley 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-11 \_\_\_ Cream of Tomato D LF
- S-14 \_\_\_ Steak and Potato D LF

**SIDES**

- 801 \_\_\_ Chicken Caesar Salad D
- 804 \_\_\_ Beef Chili D



**ENTREE PLUS**

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

**DESSERTS**

- D LS LF D-1 \_\_\_ Deep Dutch Brownie LS
- D LS LF D-2 \_\_\_ Caramel Apple Crumble
- D D-3 \_\_\_ Date Square D
- D LF D-4 \_\_\_ Nanaimo
- D LF D-5 \_\_\_ Carrot Cake D LS
- LF D-6 \_\_\_ Chocolate Fudge Cake LS
- D D-9 \_\_\_ Maple Chocolate Mania D
- D LF 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 LF D-17 \_\_\_ Sticky Toffee Pudding Cake
- D LF D-18 \_\_\_ Apple Streusel Cake D LS
- D LF 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

