

**FROZEN MEAL PROGRAM**

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

**ENTREES**

- 101 \_\_\_ Cheese Omelet
- 201 \_\_\_ Bangers and Mash
- 202 \_\_\_ Beef Stew
- 204 \_\_\_ Swiss Steak
- 205 \_\_\_ Liver and Onions
- 207 \_\_\_ Salisbury Steak
- 208 \_\_\_ Cabbage Roll
- 209 \_\_\_ Beef Stroganoff
- 210 \_\_\_ Chicken a la King
- 211 \_\_\_ Breaded Veal Cutlet
- 212 \_\_\_ Meatloaf
- 213 \_\_\_ Roast Pork Loin
- 214 \_\_\_ Roast Turkey
- 215 \_\_\_ Pork Medallions
- 216 \_\_\_ Chicken Divan
- 217 \_\_\_ Pot Roast
- 218 \_\_\_ Honey-Mustard Ham
- 219 \_\_\_ Shepherd's Pie
- 221 \_\_\_ Chicken Fingers
- 222 \_\_\_ Boneless BBQ Ribs
- 223 \_\_\_ Boneless Pork Chop
- 225 \_\_\_ BBQ Chicken
- 226 \_\_\_ Swedish Meatballs
- 227 \_\_\_ Italian Sausage Penne
- 302 \_\_\_ Salmon Fillet
- 303 \_\_\_ Fish and Chips
- 304 \_\_\_ Tuna Casserole
- 305 \_\_\_ Fish Florentine
- 306 \_\_\_ Fillet of Sole
- 401 \_\_\_ Sweet + Sour Chicken
- 402 \_\_\_ Teriyaki Chicken

**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-1 \_\_\_ French Onion
- S-2 \_\_\_ Chicken Noodle
- S-3 \_\_\_ Beef Barley
- S-4 \_\_\_ Hearty Vegetable
- S-5 \_\_\_ Minestrone
- S-6 \_\_\_ Cream of Broccoli
- S-7 \_\_\_ Cream of Mushroom
- S-8 \_\_\_ Cream of Potato/Leek
- S-9 \_\_\_ Cream of Carrot
- S-10 \_\_\_ Cream of Celery
- S-11 \_\_\_ Cream of Tomato
- S-12 \_\_\_ Cream of Chicken/Veg.
- S-13 \_\_\_ N.E. Clam Chowder
- S-14 \_\_\_ Steak + Potato Soup

**Side Dishes**

- 801 \_\_\_ Chicken Caesar Salad
- 803 \_\_\_ Wieners + Beans
- 804 \_\_\_ Beef Chili



**ENTREE PLUS**

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

**DESSERTS**

- D-1 \_\_\_ Deep Dutch Brownie
- D-2 \_\_\_ Caramel Apple Crumble
- D-3 \_\_\_ Date Square
- D-4 \_\_\_ Nanaimo Bar
- D-5 \_\_\_ Carrot Cake
- D-6 \_\_\_ Chocolate Fudge Cake
- D-7 \_\_\_ Orange Citrus Cake
- D-8 \_\_\_ Banana Split Cake
- D-9 \_\_\_ Maple Chocolate Mania
- D-10 \_\_\_ Buttertart
- D-11 \_\_\_ Rice Pudding
- D-12 \_\_\_ Chocolate Pudding
- D-13 \_\_\_ Butterscotch Pudding
- D-14 \_\_\_ Cherry Crisp
- D-15 \_\_\_ Peach Cobbler
- D-16 \_\_\_ Cheese Cake
- D-17 \_\_\_ Sticky Toffee Pudding Cake
- D-18 \_\_\_ Apple Streusel Cake
- D-19 \_\_\_ Fruit Cocktail
- D-21 \_\_\_ Black Forest Cake
- D-24 \_\_\_ Pecan Streusel Cake
- D-26 \_\_\_ Triple Berry Crumble
- D-27 \_\_\_ Raspberry Tart

**Diet Codes:**

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

revised December 2010