

# FROZEN MEAL PROGRAM

(Effective date, October 11, 2019.)

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

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

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

Route  
(Agency use only)

## BEEF

12005	Macaroni Meat & Cheese Casserole	LS
12008	Beef Stew	LF
12010	Traditional Pot Roast	LS
12017	Salisbury Steak	LS
12046	Chopped Swiss Steak	LF
12062	Meatloaf in Mushroom Gravy	LF
12087	Liver & Onions	LF
12092	Meat Lasagna	LF
12096	Ginger Beef	LF
12108	Shepherd's Pie	LF
12109	Veal Parmigiana	LF
12111	Spaghetti Bolognese	LF
12118	Steak & Mushroom Pie	LF
12125	Meatballs in Gravy	LF
12130	Beef Stroganoff	LF
12132	Sliced Beef w/ Onion Gravy	LF
12140	Beef Curry	LF
12146	Meatballs and Peppers	LF
12150	Sliced Beef w/ Mushroom Gravy	LF

## CHICKEN & TURKEY

12001	Chicken à la King	LS
12007	Turkey w/ Stuffing & Cranberry Sauce	LF
12032	Country Chicken	LF
12057	Breaded Chicken Breast	LF
12078	Chicken Cacciatore	LF
12090	Roast Chicken	LF
12094	Lemon Chicken	LF
12113	Breaded Chicken Fingers	LF
12114	General Tso's Chicken	LF
12116	Chicken Stew	LF
12124	Chicken Breast w/ White Cheddar and Broccoli Sauce	LF
12127	Turkey Chili	LF
12135	Chicken Pot Pie	LF
12139	Sweet & Sour Chicken	LF
12141	Chicken Breast w/ Cheddar & Bacon Sauce	LF
12142	Herbed Chicken with Mushroom Gravy	LF

## PORK

12147	Creamy Ranch Chicken	LF
12148	Chicken w/Honey BBQ Sauce	LF
12020	Pork with Stuffing	LF
12073	Tourtiere Meat Pie	LF
12089	Rib Style Pork Cutlet	LF
12097	Char Sui Pork	LF
12115	Baked Ham	LF
12129	Apple Braised Pork	LF
12138	Bangers & Mash	LF
12143	Seasoned Pork Loin	LF
12149	Ham and Broccoli Casserole	LF

## FISH

12003	Fish Florentine	LF
12013	Fish & Chips	LF
12031	Lemon Herb Fish	LF
12063	Salmon in Lemon Sauce	LF
12119	Asian-style Glazed Salmon	LF
12134	Fish Cakes	LF
12144	Fisherman's Pie	LF
12151	Salmon Chowder Casserole	LF

## VEGETARIAN

10004	Vegetarian Chili	LF
10006	Vegetarian Dhal	LF
10007	Vegetarian Pasta Primavera	LF
10009	Vegetarian Stew	LF
10047	Cheese Omelet	LF
12021	Vegetable Lasagna	LF
12079	Macaroni & Cheese	LF
12121	Vegetable Chow Mein	LF
12131	Chana Masala	LF
12137	Vegetarian Tofu Oriental	LF
12152	Vegetable and Lentil Pot Pie	LF
12153	Broccoli, Mushroom & Rice Casserole	LF

## GLUTEN-FREE

12140	Beef Curry	GF
12141	Chicken Breast w/ Cheddar & Bacon Sauce	GF
12142	Herbed Chicken w/ Mushroom Gravy	GF
12143	Seasoned Pork Loin	GF
12144	Fisherman's Pie	GF

## DESSERT

09011	Low Sugar Choc Mousse	LS
09021	Low Sugar Straw Mousse	LS
09041	Low Sugar Tang Mousse	LS
14008	Butter Tart	LS
14009	Carrot Cake	LS
14011	Apple Crisp	LS
14012	Peach Cobbler	LS
14013	Rice Pudding	LS
14014	Cherry Cobbler	LS
14016	Fruit Cocktail	LS
14022	Vanilla Pudding (2)	LS
14026	Cherry Streusel	LS
14056	Lemon Tart	LS
14058	Banana Cake	LS
14076	Cheesecake	LS
14077	Pecan Tart	LS
14080	Raspberry Tart	LS
14091	Strawberry Swirl Cheesecake	LS
14092	Strawberry Shortcake	LS
14093	Lemon Layer Cake	LS
14094	Chocolate Fudge Cake	LS
14095	Sticky Toffee Pudding	LS
14096	Orange Layer Cake	LS
14313	Blueberry Cake	LS

## BREAKFAST

Choose 1 Juice + 1 Starch		
07085	Orange Juice	LF
07086	Apple Juice	LF
08003	Carrot Muffin	LF
08008	Raisin Bran Muffin	LF
94000	Cream of Wheat	LF
94001	Oatmeal	LF

## SOUP

93007	Beef Barley	LF
93012	Cm of C/flower	LF
93013	Chicken Noodle	LF
93014	Minestrone	LF
93015	Country Veg	LF
93017	Cm Potato Chive	LF
93019	Cm Broccoli	LF
93020	Cm Mushroom	LF
93022	Turkey Rice	LF
93023	Cm Tomato	LF
93024	Cm Gms/Spill/Pea	LF
93045	Turkey Noodle	LF
93046	Cdn Split Pea	LF
93047	Italian Wedding	LF
93048	Brocc & Cheese	LF
93050	Cm Chicken	LF
93063	Squash	LF

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

**apetito**