

COVID 19

FROZEN MEAL PROGRAM

NAME: _____

ENTREES

- 101 _____ Cheese Omelet D
- 201 _____ Bangers and Mash D
- 202 _____ Beef Stew D LF
- 204 _____ Swiss Steak D
- 207 _____ Salisbury Steak D
- 208 _____ Cabbage Roll D
- 211 _____ Breaded Veal Cutlet D
- 213 _____ Roast Pork Loin D LF
- 214 _____ Roast Turkey 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 D
- 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

FULL DIET

LIMIT 4 PER ITEM

- 405 _____ Honey Garlic Ribs
- 501 _____ Spaghetti and Meatballs
- 502 _____ Lasagna
- 503 _____ Chicken Cacciatore
- 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-8 _____ Cream of Potato/Leek
- S-9 _____ Cream of Carrot
- 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 LF D-1 _____ Deep Dutch Brownie LS
- LF D-2 _____ Caramel Apple Crumble
- D D-3 _____ Date Square
- D LF D-4 _____ Nanaimo Bar
- D D-5 _____ Carrot Cake D LS
- LF D-6 _____ Chocolate Fudge Cake LS
- D D-7 _____ Orange Citrus Cake D
- D LF D-8 _____ Banana Split Cake
- D-9 _____ Maple Chocolate Mania D
- D-10 _____ Butterscotch D LS LF
- D LF D-14 _____ Cherry Crisp LS
- D LF D-15 _____ Peach Cobbler
- D LF D-16 _____ Cheese Cake D LS
- D LF D-17 _____ Sticky Toffee Pudding Cake
- D D-18 _____ Apple Streusel Cake D LS
- D D-19 _____ Fruit Cocktail D LS LF
- D D-21 _____ Black Forest Cake D LS
- D D-24 _____ Pecan Streusel Cake D LS
- D D-26 _____ Triple Berry Crumble LS
- D LF D-27 _____ Raspberry Tart

Diet Codes:

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