

# Frozen Meal Program (Effective date, July 19<sup>th</sup> 2010)

Route (Agency use only)



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

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

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

### BEEF (all D)

- 12008 \_\_\_ Beef Stew (LF)
- 12030 \_\_\_ Beef Stroganoff
- 12109 \_\_\_ Veal Parmigiana
- 12046 \_\_\_ Chopp'd Swiss Steak (LS)
- 12005 \_\_\_ Macaroni Meat Cass. (LS)
- 12062 \_\_\_ Meatloaf in Gravy (LF)
- 12017 \_\_\_ Salisbury Steakette
- 12108 \_\_\_ Shepherd's Pie
- 12010 \_\_\_ Traditional Pot Roast (LS)
- 12118 \_\_\_ Steak & Mush'm Pie
- 12111 \_\_\_ Spaghetti Bolognese (LF, LS)
- 12087 \_\_\_ Liver & Onions
- 12092 \_\_\_ Meat Lasagna

### POULTRY (all D)

- 12057 \_\_\_ Bread'd Chick Breast
- 12113 \_\_\_ Bread'd Chick Fingers
- 12112 \_\_\_ Chicken Pot Pie (LS)
- 12001 \_\_\_ Chicken à la King (LS)
- 12032 \_\_\_ Country Chicken (LF, LS)
- 12014 \_\_\_ Sweet & Sour Chick (LF, LS)
- 12007 \_\_\_ Turkey w Stuff & Cran (LF, LS)
- 12116 \_\_\_ Chicken Stew
- 12078 \_\_\_ Chicken Cacciatore (LF, LS)
- 12088 \_\_\_ Chicken Souvlaki (LF, LS)
- 12090 \_\_\_ Roast Chicken
- 12123 \_\_\_ Butter Chicken (LS)

### CHINESE - STYLE (all D)

- 12067 \_\_\_ Pineapple Chicken
- 12068 \_\_\_ Ginger Chicken

12069 \_\_\_ Chick. w Water Chestnuts

12071 \_\_\_ Pork Chow Mein

### PORK (all D)

- 12110 \_\_\_ Country Pork Casserole
- 12115 \_\_\_ Baked Ham (LF)
- 12117 \_\_\_ Italian Sausage Pasta (LS)
- 12020 \_\_\_ Pork with Stuffing (LS)
- 12120 \_\_\_ Egg & Bacon Brunch
- 12073 \_\_\_ Tourtiere Meat Pie
- 12080 \_\_\_ Bangers & Mash
- 12089 \_\_\_ BBQ Rib Pork Cutlet
- 12091 \_\_\_ Seasoned Pork w Gravy (LS)

### FISH (all D)

- 12013 \_\_\_ Fish & Chips
- 12003 \_\_\_ Fish Florentine (LS)
- 12031 \_\_\_ Lemon Herb Fish
- 12063 \_\_\_ Salmon in Lem.Sauce (LF, LS)
- 12119 \_\_\_ Asian Glazed Salmon (LF, LS)

### VEGETARIAN (all D)

- 10004 \_\_\_ Vegetarian Chili (LF)
- 10045 \_\_\_ Vegetable Curry
- 10006 \_\_\_ Vegetarian Dhal (LF)
- 10007 \_\_\_ Veg.Pasta Primavera (LF)
- 10009 \_\_\_ Vegetarian Stew (LF, LS)
- 10010 \_\_\_ Veg. Tofu Oriental
- 10047 \_\_\_ Cheese Omelet
- 10046 \_\_\_ Cheese Potato Perogies
- 12021 \_\_\_ Vegetable Lasagna
- 12079 \_\_\_ Macaroni & Cheese

### SOUPS (all D)

- 93001 \_\_\_ Beef Barley (LF)
- 93002 \_\_\_ Cream of Carrot
- 93005 \_\_\_ Chicken Noodle (LF)
- 93006 \_\_\_ Minestrone (LF)
- 93008 \_\_\_ Country Vegetable (LF)
- 93009 \_\_\_ Cream Leek & Potato (LF)
- 93010 \_\_\_ Cream of Broccoli
- 93011 \_\_\_ Chicken Vegetable
- 93016 \_\_\_ Harvest Vegetable (LF)
- 93041 \_\_\_ Tomato Cream
- 93044 \_\_\_ Vegetable Beef
- 93101 \_\_\_ Mulligatawny Soup
- 93003 \_\_\_ Cream of Cauliflower Ched
- 93021 \_\_\_ Chicken Rice (LF)
- 93042 \_\_\_ Cream of Green Pea (LF, LS)
- 93018 \_\_\_ Cream of Mushroom
- 93060 \_\_\_ French Onion
- 93063 \_\_\_ Cream Butternut Squash
- 93100 \_\_\_ Corn & Potato Chowder

### BREAKFAST SNACKS

*Choose 1 juice + 1 starch*

- 07077 \_\_\_ Apple Juice (D, LF, LS)
- 07078 \_\_\_ Orange Juice (D, LF, LS)
- 08003 \_\_\_ Carrot Muffin
- 08004 \_\_\_ Raisin Bran Muffin
- 94000 \_\_\_ Cream Wheat Cereal (LF, LS)
- 94001 \_\_\_ Oatmeal Cereal (LF, LS)

### DESSERTS

- 14003 \_\_\_ Oatmeal Date
- 14007 \_\_\_ Tripleberry Crumble
- 14008 \_\_\_ Butter Tart
- 14009 \_\_\_ Carrot Cake
- 14018 \_\_\_ Strawberry Shortcake
- 14020 \_\_\_ Chocolate Fudge Cake
- 14022 \_\_\_ Vanilla Pudding (2) (LS)
- 14045 \_\_\_ Cherry Cheesecake
- 14082 \_\_\_ Sticky Toffee Pudding
- 14077 \_\_\_ Pecan Pie
- 14058 \_\_\_ Banana Cake
- 14056 \_\_\_ Lemon Tart
- 14078 \_\_\_ Lemon Layer Cake
- 14075 \_\_\_ Mini Cinnamon Rolls
- 14066 \_\_\_ Mini Brownies
- 14080 \_\_\_ Raspberry Tart
- 14081 \_\_\_ Orange Layer Cake
- 14071 \_\_\_ Mini Choc Macaroons (LS)
- 14076 \_\_\_ Cheesecake (D)
- 14011 \_\_\_ Apple Crisp (D, LS)
- 14013 \_\_\_ Rice Pudding (D, LF, LS)
- 14014 \_\_\_ Cherry Cobbler (D)
- 14016 \_\_\_ Fruit Cocktail (D, LF, LS)
- 09041 \_\_\_ Tangerine Mousse (D, LS)
- 09011 \_\_\_ Chocolate Mousse (D)
- 09021 \_\_\_ Strawb'y Mousse (D, LS)
- 14079 \_\_\_ Cherry Cake (D)
- 14012 \_\_\_ Peach Cobbler (D)

(D) Diabetic      (LF) Low Fat      (LS) Low Sodium