

FROZEN MEAL SERVICE (Published May 2023)

Agency: _____

For Delivery Week: _____

Name: _____

Route
(Agency use only)

BEEF

10054__ Beef Pot Roast	LF
12005__ Macaroni, Meat & Cheese Casserole	
12008__ Beef Stew	LFLS
12046__ Chopped Swiss Steak	LFLS
12062__ Meatloaf in Mushroom Gravy	LS
12087__ Liver & Onions	LF
12092__ Meat Lasagna	
12108__ Shepherd's Pie	LFLS
12111__ Spaghetti Bolognese	LF
12118__ Steak & Mushroom Pie	
12125__ Meatballs in Gravy	
12130__ Beef Stroganoff	LF
12146__ Meatballs and Peppers	
12150__ Sliced Beef with Mushroom Gravy	LF
12164__ Traditional Pot Roast	LF
12185__ Meatloaf with Tomato Sauce	LS
12186__ Cabbage and Beef Casserole	LFLS

CHICKEN & TURKEY

12001__ Chicken à la King	LF
12032__ Country Chicken	LF
12057__ Breaded Chicken Breast	
12078__ Chicken Cacciatore	LFLS
12090__ Roast Chicken Thigh	LF
12094__ Lemon Chicken	LF LS

12113__ Breaded Chicken Fingers	
12114__ General Tso's Chicken	LF
12116__ Chicken Stew	LF
12124__ Chicken Breast with Broccoli & White Cheddar Sauce	
12127__ Turkey Chili	LF LS
12135__ Chicken Pot Pie	
12139__ Sweet & Sour Chicken	LF
12141__ Chicken Breast with Bacon Cheddar Sauce	
12142__ Chicken with Mushroom Gravy	LF LS
12148__ Chicken with Honey BBQ Sauce	LF LS
12168__ Turkey with Stuffing	LF
12175__ Chicken with Tangy BBQ Sauce	LF LS
12177__ Sweet Curry Chicken	
12179__ Chicken and Chorizo Jambalaya*	
12180__ Chicken Pasta Rosé	LF
12187__ Honey Apple Glazed Chicken	LF
12189__ Butter Chicken	

PORK

12020__ Pork with Stuffing	LF LS
12089__ Rib-Style Pork Cutlet	LF
12115__ Baked Ham	
12138__ Bangers & Mash	LF
12143__ Seasoned Pork Loin	LF LS
12181__ Sweet and Sour Pork	LF LS
12190__ Maple Mustard Pork	

FISH

12003__ Fish Florentine	
12013__ Fish & Chips	
12018__ Tuna Pasta Casserole	LF
12063__ Salmon in Lemon Sauce	
12119__ Asian-Style Glazed Salmon	LFLS
12134__ Fish Cakes	LF
12167__ Lemon Herb Fish	LF LS

All items detailed in this brochure are subject to availability and may change periodically.

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
V	Vegetarian
W	Vegan

*Contains Chicken and Pork



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VEGETARIAN & CHEESE

10007__Vegetarian Pasta Primavera	LF	VV
10047__Cheese Omelette		V
10060__Vegetarian Stew	LF	VV
10062__Vegetarian Chili	LF	VV
10063__Vegetarian Dhal	LF	VV
12021_Vegetable Lasagna		V
12079_Macaroni & Cheese		V
12131_Chana Masala	LF	VV
12158_Spaghetti with Tomato Sauce	LF	V
12176_Scrambled Eggs & Homefries		V
12182__Mexican Rice and Bean Casserole	LF	V

12188__Vegetable Curry	LF LS VV
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SOUP

93007__Beef Barley Soup	LF	
93012__Cream of Cauliflower Soup		V
93022__Rice and Turkey Soup	LF	
93023__Cream of Tomato Soup		V
93025__Beef & Vegetable Soup	LF	

93030__Carrot Soup	LF LS V
93032__Cream of Mushroom Soup	LS V
93033__Split Pea & Ham Soup	LF LS
93036__Cream of Potato & Leak Soup	V
93039__Broccoli Soup	LF LS VV
93051__Chicken & Vegetable Soup	LF
93063__Squash Soup	VV
93354__Minestrone Soup	LF V
93355__Chicken Noodle Soup	LF
93356__Country Vegetable Soup	LF VV

BREAKFAST

Choose 1 Juice + 1 Starch

07085__Orange Juice	LF LS VV
07086__Apple Juice	LF LS VV

08009__Raisin Bran Muffin	V
08018__Carrot Muffin	V
94000__Cream of Wheat Cereal	LF LS V
94001__Oatmeal	LF LS V

DESSERT

14008__Butter Tart

- 14102__Banana Cake
- 14103__Carrot Loaf
- 14104__Apple Pie Square
- 14105__Brownie
- 14106__Apple Cake
- 14107__Blueberry Scone

14015__Cherry Cheesecake	LF	LS	VV
14016__Fruit Cocktail		LS	V
14056__Lemon Tart			
14077__Pecan Tart		LS	
14080__Raspberry Tart		LS	
14092__Strawberry Shortcake		LS	V
14093__Lemon Layer Cake		LS	V
14094__Chocolate Fudge Cake		LS	V
14095__Sticky Toffee Pudding			V
14096__Orange Layer Cake			V

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FROZEN MEAL SERVICE (SPECIAL DIETS)

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SPECIAL DIETS

Suitable for Gluten-Free, Lactose-Free, Low Sodium and Controlled Potassium & Phosphorus.

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|--------------------------------------|-----------|-----------|-----------|
| 10012 ___ Apple Braised Pork | GF | LF | LS |
| 10017 ___ Beef & Vegetable Casserole | GF | LF | LS |
| 10018 ___ Herbed Fish | GF | LF | LS |
| 10020 ___ Hawaiian Chicken | GF | LF | LS |
| 10021 ___ Turkey with Gravy | GF | LF | LS |
| 10033 ___ Chicken with Gravy | GF | LF | LS |

MINCED

- | | | | |
|------------------------------|-----------|-----------|--|
| 17001 ___ Beef Dinner | | | |
| 17002 ___ Apple Braised Pork | | | |
| 17003 ___ Ham | LF | | |
| 17004 ___ Chicken à la King | LF | | |
| 17005 ___ Turkey Dinner | | | |
| 17006 ___ Pesto Chicken | LF | | |
| 17009 ___ Pasta Primavera | LF | VV | |
| 17010 ___ Beef Stew | LF | | |
| 17012 ___ Honey Dijon Pork | LF | | |
| 17013 ___ Vegetarian Stew | LF | V | |

PUREED

- | | |
|--------------------------------------|-----------|
| 16001 ___ Chicken à la King | |
| 16002 ___ Vegetable Lasagna | V |
| 16003 ___ Apple Braised Pork | |
| 16004 ___ Macaroni & Cheese | |
| 16005 ___ Shepherd's Pie | |
| 16006 ___ Turkey Dinner | |
| 16007 ___ Beef & Vegetable Casserole | |
| 16009 ___ Beef Pot Roast | |
| 16011 ___ Sweet & Sour Chicken | LF |
| 16016 ___ Meatloaf | |
| 16017 ___ Lemon Herb Fish | |
| 16018 ___ Chicken Cacciatore | LF |
| 16020 ___ Spaghetti Bolognese | |
| 16021 ___ Turkey Casserole | |
| 16023 ___ Creamed Salmon | |

THICKENED SOUP

- | | |
|--------------------------|-----------|
| 13053 ___ Broccoli | LF |
| 13054 ___ Carrot | |
| 13055 ___ Cauliflower | LF |
| 13056 ___ Chicken Noodle | LF |
| 13057 ___ Mushroom | |
| 13058 ___ Tomato Beef | LF |

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- GF** Gluten-Free
- LF** Low Fat
- LS** Low Sodium
- V** Vegetarian
- VV** Vegan



HALAL MEALS

We are delighted to offer our new range of six individual complete meals, thoughtfully designed by our world-renowned Chef, Marc Miron. These new meals blend the finest ingredients with careful preparation, offering a symphony of satisfying and memorable flavors. Chef Miron's expertise shines through in every bite, ensuring a dining experience that is truly exceptional.

These meals are also Halal, ensuring they are suitable for those following Halal dietary guidelines. Each meal is prepared with care in our ISNA (Islamic Society of North America) certified facility, guaranteeing the highest standards of quality.

12022__Chicken Biryani	LF
12023__Beef Curry	LF
12025__Lemon and Herb Chicken Souvlaki	LF LS
12028__Chana Masala	LF
12029__White Fish With Spiced Rice	LF
12191__Vegetarian Dhal	LF V

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