

FROZEN MEAL SERVICE *(Published August 2025)*

Agency: _____
For Delivery Week: _____
Name: _____

Route
(Agency use only)

BEEF

10054	Beef Pot Roast	GF LC LF LA
12005	Macaroni Meat & Cheese Casserole	LC
12008	Beef Stew	LC LF LS
12023	Beef Curry	LC LF H
12026	Spicy Beef Stew	LC LF H
12046	Chopped Swiss Steak	LC LF LS
12062	Meatloaf with Mushroom Gravy	LC LS
12087	Liver & Onions	LC
12092	Meat Lasagna	
12108	Shepherd's Pie	LC LF LS
12111	Spaghetti Bolognese	LC
12118	Steak & Mushroom Pie	LC
12125	Meatballs in Gravy	LC
12130	Beef Stroganoff	
12146	Meatballs & Peppers	LC
12150	Sliced Beef with Mushroom Gravy	LC LF
12164	Traditional Pot Roast	GF LC LF
12178	Asian-Style Beef	LC LF
12185	Meatloaf with Tomato Sauce	LC LS
12199	Salisbury Steak with Onion Gravy	LC
12200	Spanish rice with Beef	LC LS

CHICKEN & TURKEY

12001	Chicken à la King	LC
12022	Chicken Biryani	LC LF H
12025	Lemon & Herb Chicken Souvlaki	LC LF LS H
12027	Sweet Curry Chicken	LF H

12032	Country Chicken	LC LF
12078	Chicken Cacciatore	LC LF LS
12090	Roast Chicken Thigh	LC
12094	Lemon Chicken	LC LF LS
12113	Breaded Chicken Fingers	
12114	General Tso's Chicken	LC LF
12116	Chicken Stew	LC
12124	Chicken Breast with Broccoli & Cheddar Sauce	LC
12127	Turkey Chili	LC LF LS
12135	Chicken Pot Pie	LC
12139	Sweet & Sour Chicken	LC LF
12141	Chicken Breast with Bacon Cheddar Sauce	GF LC
12142	Chicken with Mushroom Gravy	LC LF LS
12148	Chicken with Honey BBQ Sauce	LC LF LS
12168	Turkey with Stuffing	LC LF
12175	Chicken with Tangy BBQ Sauce	LC LF LS
12180	Chicken Pasta Rosé	LC LF
12187	Honey Apple Glazed Chicken	LC LF
12192	Butter Chicken	LC H
12201	Chicken Teriyaki	LC LF

PORK

12020	Pork with Stuffing	LC LF LS
12089	Rib-style Pork Cutlet in Barbecue Sauce	
12115	Baked Ham	
12138	Bangers & Mash	LC LF

12143	Seasoned Pork Loin	LC LF
12173	Apple Braised Pork	LC LF
12181	Sweet & Sour Pork	LC LF LS

FISH

12003	Fish Florentine	LC
12013	Fish & Country Style Potatoes	
12018	Tuna Pasta Casserole	LC LF LS
12063	Salmon in Lemon Sauce	LC LF
12119	Asian-style Glazed Salmon	LC LF LS
12134	Fish Cakes	LF
12167	Lemon Herb Fish	GF LC LF LS
12204	Shrimp with Tomato Pepper Sauce	LC 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.

GF	Gluten-Free	V	Vegetarian
LC	Low Calorie	VV	Vegan
LF	Low Fat	H	Halal
LS	Low Sodium	LA	Lactose-Free



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VEGETARIAN & CHEESE

10007	Vegetarian Pasta Primavera	LC LF V
10047	Cheese Omelette	LC V
10060	Vegetarian Stew	LC LF V
10062	Vegetarian Chili	LC LF V
10063	Vegetarian Dhal	GF LC LF V VV H LA
12021	Vegetable Lasagna	LC V
12079	Macaroni & Cheese	V
12131	Chana Masala	LC LF V VV H
12158	Spaghetti with Tomato Sauce	LC LF V
12176	Scrambled Eggs & Home Fries	LC V
12182	Mexican Rice & Bean Casserole	LC LF V
12203	Sweet and Sour Tofu	LCLSVV
12206	Cheese Perogies with Sour Cream Sauce	V

SOUP

93007	Beef Barley Soup	
93012	Cream of Cauliflower Soup	LC V
93022	Turkey Rice Soup	
93023	Cream of Tomato Soup	V
93025	Beef & Vegetable Soup	
93030	Carrot Soup	V
93032	Cream of Mushroom Soup	V
93033	Split Pea & Ham Soup	
93036	Cream of Potato & Leek Soup	V
93039	Broccoli Soup	V VV
93051	Chicken & Vegetable Soup	

93354	Minestrone Soup	V
93355	Chicken Noodle Soup	
93356	Country Vegetable Soup	V
93063	Squash Soup	V VV

BREAKFAST • Choose 1 Juice + Starch

07085	Orange Juice	V VV
07086	Apple Juice	V VV
08009	Raisin Bran Muffin	V
08018	Carrot Muffin	V
94000	Cream of Wheat with Milk & Sugar	V
94001	Oatmeal with Milk & Sugar	V

DESSERT

14008	Butter Tart	V
14015	Cherry Cheesecake	V
14016	Fruit Cocktail	V VV
14056	Lemon Tart	V
14077	Pecan Tart	V
14080	Raspberry Tart	V
14092	Strawberry Shortcake	V
14093	Lemon Layer Cake	V
14094	Chocolate Fudge Cake	V
14095	Sticky Toffee Pudding	V
14096	Orange Layer Cake	V
14102	Banana Cake	V VV
14103	Carrot Loaf	V VV

14104	Apple Pie Square	V VV
14105	Brownie	V VV
14106	Apple Cake	V VV
14107	Blueberry Scones	V VV

HALAL

10063	Vegetarian Dhal	GF LC LF V VV H LA
12022	Chicken Biryani	LC LF H
12023	Beef Curry	LC LF H
12025	Lemon & Herb Chicken Souvlaki	LCLFLSH
12026	Spicy Beef Stew	LC LF H
12027	Sweet Curry Chicken	LF H
12131	Chana Masala	LC LF V VV H
12192	Butter Chicken	LC H

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