WEEKLY FROZEN MEAL ORDER FORM

NAME :

# ADDRESS: APT# PHONE NUMBER:

***BEVERAGE CHOICE 1% / SKIM / WATER YES / NO BREAD CHOICE YES / NO DELIVERY DAY M T W TH F***

|  |  |  |  |
| --- | --- | --- | --- |
| EACH | MEAL | CODE | ENTRÉE |
|  |  |  | ***VEGETARIAN OPTIONS***  |
|  | 1 | **S** |  | ♦ |  |  | ♥ | Vegetable Lasagna, Harvard Beets, Blueberry Cobbler, Whole Grain Roll |
|  | 2 |  |  | ♦ | ★ | ♣ |  | Spinach & Pepper Quiche, Vegetarian Sausage, Cinnamon Apples, Whole Grain Roll |
|  | 4 | **S** |  |  |  | ♣ | ♥ | Macaroni & Cheese, Sauteed Spinach, Oatmeal Cake Bake, Whole Grain Roll |
|  |  |  |  |  |  |  |  | ***ASIAN INSPIRED OPTIONS***  |
|  | 10 |  |  | ♦ |  |  | ♥ | Sweet & Sour Pork, Rice, Stir Fried Cabbage, Pineapple Cake, Whole Grain Roll |
|  | 12 |  |  | ♦ |  | ♣ | ♥ | Sesame Chicken, White Rice, Wax Beans & Peppers, Pineapple Cake, Whole Grain Roll |
|  |  |  |  |  |  |  |  | ***LATIN INSPIRED OPTIONS***  |
|  | 23 |  |  | ♦ |  | ♣ | ♥ | Chicken Cacciatore, Sauteed Spinach, Rice Pudding, Whole Grain Roll |
|  | 26 |  | ☻ | ♦ |  |  |  | Beef Enchilada Bake, Cilantro Rice, Apple Cobbler, Whole Grain Roll |
|  | 27 |  | ☻ | ♦ |  | ♣ |  | Dirty Rice w/ Pork & Beef, Black Eyed Peas, Cherry Cobbler, Whole Grain Roll |
|  |  |  |  |  |  |  |  | ***SOUTHERN FOODS OPTIONS***  |
|  | 30 |  |  | ♦ |  |  |  | Country Fried Chicken, Mashed Potatoes, Corn, Peach Cobbler, Cornbread Muffin |
|  | 31 |  | ☻ | ♦ | ★ | ♣ | ♥ | Blackened Tilapia, Sauteed Spinach, Rice Pudding, Cornbread Muffin |
|  | 32 |  |  |  |  | ♣ |  | Smothered Pork Chop, Collard Greens, Warm Cinnamon Apples, Cornbread Muffin |
|  | 33 |  | ☻ | ♦ |  | ♣ | ♥ | Beef Chili, Wax Beans & Peppers, Banana Bread Pudding, Cornbread Muffin |
|  |  |  |  |  |  |  |  | ***ITALIAN CUISINE OPTIONS***  |
|  | 40 | **S** |  | ♦ |  | ♣ | ♥ | Spaghetti w/ Meat Sauce, Green Beans & Carrots, Peach Crisp, Whole Grain Roll |
|  | 41 |  |  |  |  |  | ♥ | Lasagna w/ Pork Sausage, California Vegetables, Cinnamon Apples, Whole Grain Roll |
|  | 43 | **S** |  |  |  |  | ♥ | Chicken Parmesan w/ Penne, Brussel Sprouts, Cinnamon Apples, Whole Grain Roll |
|  | 49 |  |  |  |  | ♣ |  | Vegetable Alfredo, Wax Beans & Peppers, Banana Carmel Cake, Whole Grain Roll |
|  |  |  | ***COMFORT FOODS OPTIONS*** |
|  | 50 |  |  |  | ★ | ♣ |  | Herb Roasted Chicken, Brussel Sprouts, Cherry Crisp, Buttermilk Biscuit |
|  | 51 |  |  | ♦ | ★ | ♣ | ♥ | BBQ Chicken Thigh, Collard Greens, Banana Bread Pudding, Buttermilk Biscuit |
|  | 52 |  |  | ♦ |  |  | ♥ | Chicken & Rice Casserole, Sauteed Carrots, Cinnamon Apples, Buttermilk Biscuit |
|  | 59 | **S** |  |  | ★ | ♣ |  | Beef Tips, Potatoes, Green Beans, Carrots, Peaches & Cream, Buttermilk Biscuit |
|  | 61 |  |  |  |  |  |  | Shepherd's Pie, Cheddar Potatoes, Red Cabbage, Cheesecake, Whole Grain Roll |
|  | 62 |  |  |  |  | ♣ | ♥ | Meatloaf, Mashed Potatoes, Stewed Tomatoes, Corn Pudding, Buttermilk Biscuit |
|  | 63 |  |  | ♦ |  | ♣ | ♥ | Tender Pork Roast, Potatoes, Corn, Peas, & Carrots, Rice Pudding, Buttermilk Biscuit |
|  | 64 |  |  | ♦ |  | ♣ | ♥ | Hungarian Goulash, Sweet & Sour Cabbage, Cinnamon Apples, Buttermilk Biscuit |
|  | 65 |  |  |  |  |  |  | Chicken Pot Pie, Maple Glazed Carrots, Apple Crumb Cake, Buttermilk Biscuit |
|  | 77 |  |  |  |  | ♣ |  | Sloppy Joes, Baked Beans w/ Peppers, Chocolate Zucchini Cake, Whole Wheat Bun |
|  | 78 |  |  | ♦ |  | ♣ |  | BBQ Pulled Pork, Potatoes O'Brien, Warm Carrot Cake, Whole Wheat Bun |
|  |  |  |  |  |  |  |  | ***BREAKFAST FOODS OPTIONS***  |
|  | 73 |  |  |  |  | ♣ |  | Quiche Lorraine, Potatoes O'Brien, Peach Crisp, Fruit Muffin |
|  | 74 |  |  |  |  |  |  | French Toast Bake, Rutabaga Hash, Pork Sausage Links, Fruit Muffin |
|  | 76 |  |  |  |  | ♣ |  | House Made Corned Beef Hash, Scrambled Eggs, Peach Cobbler, Fruit Muffin |

* Lowered Sodium ( Less Than 650 Milligrams )

♥ Low Fat ( Less Than 20% of RDA) & Low Cholesterol (Less Than 100 Milligrams)

☻ Spicy Foods

**S** Soft Diet Options

Low Carb (40-60 Milligrams with Bread Item)

♣ Low Carb (40-60 Milligrams Without Bread Item)

# Text  Description automatically generated

Karol 668-2615 ext. 208

Call by 3pm on Tuesday's or email the item # and quantity.