FROZEN MEAL PROGRAM **FULL DIET** *ENTREE PLUS*

NAME:_____ **ROUTE:_____** **DELIVERY WEEK:_____**

ENTREES

101_____Cheese Omelet	D	
201_____Bangers and Mash	D	
202_____Beef Stew	D LF	
204_____Swiss Steak	D	
205_____Liver and Onions	D LS	
207_____Salisbury Steak	D	
208_____Cabbage Roll	D	
209_____Beef Stroganoff	D LS LF	
210_____Chicken a la King	D LS LF	
211_____Breaded Veal Cutlet	D	
212_____Meatloaf	D	
213_____Roast Pork Loin	D LF	
214_____Roast Turkey	D LS LF	
215_____Pork Medallions	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	LS	
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 LS LF	
404_____Sweet+Sour Chicken Balls	D LS LF	
405_____Honey Garlic Ribs	D LS LF	
501_____Spaghetti and Meatballs	D	
502_____Lasagna	D LF	
503_____Chicken Cacciatore	D LF	
504_____Chicken Alfredo	LF	
602_____Macaroni and Cheese	D	
603_____Vegetarian Lasagna	D LF	
701_____Beef Pot Pie		
702_____Chicken Pot Pie		

SOUPS

S-2_____Chicken Noodle	D LF
S-3_____Beef Barley	D LF
S-5_____Minestrone	D LF
S-6_____Cream of Broccoli	D
S-7_____Cream of Mushroom	D
S-8_____Cream of Potato/Leek	D
S-11____Cream of Tomato	D LF
S-14____Steak and Potato	D LF

SIDES

804_____Beef Chili	D

DESSERTS

D-2 _____Caramel Apple Crumble	
D-3_____Date Square	D
D-4 _____ Nanaimo	
D-5 _____Carrot Cake	D LS
D-6 _____Chocolate Fudge Cake	LS
D-9_____Maple Chocolate Mania	D
D-10_____Butter Tart	
D-11_____Rice Pudding	D LS LF
D-14_____Cherry Crisp	LS
D-15_____Peach Cobbler	
D-16_____Cheese Cake	D LS
D-17_____Sticky Toffee Pudding Cake	
D-26_____Triple Berry Crumble	D LS

Diet Codes:

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