

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
- 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
- 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 LF

- 404 ___ Sweet+Sour Chicken Balls D LF
- 405 ___ Honey Garlic Ribs LF
- 501 ___ Spaghetti and Meatballs D
- 502 ___ Lasagna D LF
- 503 ___ Chicken Cacciatore D
- 504 ___ Chicken Alfredo LF
- 602 ___ Macaroni and Cheese D
- 603 ___ Vegetarian Lasagna D LF
- 701 ___ Beef Pot Pie
- 702 ___ Chicken Pot Pie

DESSERTS

- D-2 ___ Caramel Apple Crumble
- D-5 ___ Carrot Cake D LS
- D-6 ___ Chocolate Fudge Cake LS
- D-7 ___ Orange Citrus Cake D
- D-8 ___ Banana Split Cake
- 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-18 ___ Apple Streusel Cake D LS
- D-26 ___ Triple Berry Crumble LS

Diet Codes:

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