

# 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
<b><u>VEGETARIAN OPTIONS</u></b>							
	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	
<b><u>ASIAN INSPIRED OPTIONS</u></b>							
	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	
<b><u>LATIN INSPIRED OPTIONS</u></b>							
	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	
<b><u>SOUTHERN FOODS OPTIONS</u></b>							
	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	
<b><u>ITALIAN CUISINE OPTIONS</u></b>							
	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	
<b><u>COMFORT FOODS OPTIONS</u></b>							
	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	
<b><u>BREAKFAST FOODS OPTIONS</u></b>							
	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)



Karol 668-2615 ext. 208  
Call by 3pm on Tuesday's or email the item # and quantity.