

FROZEN MEAL PROGRAM

Effective May 01, 2023

AGENCY: TRANSCARE Community Support Services

DELIVERY DATE: _____ / THUR _____

NAME: _____

Route (Agency use only)

FR _____ FZ _____ FE _____

FS _____ FD _____ FB _____

BEEF

- 10054 Beef Pot Roast LF
- 12005 Macaroni Meat and Cheese Casserole
- 12008 Beef Stew LS/LF
- 12046 Chopped Swiss Steak LS/LF
- 12062 Meatloaf in M'room Gravy LS/LF
- 12087 Liver & Onions LF
- 12092 Meat Lasagna
- 12108 Shepherd's Pie LF/LS
- 12111 Spaghetti Bolognese LF
- 12118 Steak & Mushroom Pie
- 12125 Meatballs in Gravy
- 12130 Beef Stroganoff LS
- 12146 Meatballs and Peppers
- 12150 Sliced Beef w/M'room Gravy LF
- 12164 Traditional Pot Roast LF
- 12178 Oriental Beef LF
- 12184 Sliced Beef w/Peppercorn Sauce LF
- 12185 Meatloaf with Tomato Sauce LS
- 12186 Cabbage and Beef Casserole LF/LS

PORK

- 12020 Pork with Stuffing LF/LS
- 12089 Rib Style Pork Cutlet
- 12115 Bake Ham LF
- 12138 Bangers & Mash
- 12143 Seasoned Pork Loins LF
- 12173 Apple Braised Pork LF
- 12181 Sweet & Sour Pork LF/LS

FISH

- 12003 Fish Florentine
- 12013 Fish & Chips
- 12018 Tuna Pasta Casserole LF
- 12063 Salmon in Lemon Sauce
- 12119 Asian-style Glazed Salmon LF/LS
- 12134 Fish Cakes
- 12167 Lemon Herb Fish LF/LS

CHICKEN & TURKEY

- 12001 Chicken à la King LF
- 12032 Country Chicken LF
- 12057 Breaded Chicken Breast
- 12078 Chicken Cacciatore LF/LS
- 12090 Roast Chicken Thigh LF
- 12094 Lemon Chicken LF/LS
- 12113 Breaded Chicken Fingers
- 12114 General Tso's Chicken LF
- 12116 Chicken Stew LF
- 12124 Chicken Breast w/Broccoli & White Cheddar Sauce
- 12127 Turkey Chili LF/LS
- 12135 Chicken Pot Pie
- 12139 Sweet & Sour Chicken LF
- 12141 Chicken Breast w/Bacon Cheddar Sauce
- 12142 Chicken w/Mushroom Gravy LF/LS
- 12148 Chicken w/Honey BBQ Sauce LF/LS
- 12168 Turkey with Stuffing LF
- 12175 Chicken w/Tangy BBQ Sauce LF/LS
- 12177 Sweet Curry Chicken LF
- 12179 Chicken & Chorizo Jambalaya*****
- 12180 Chicken Rose Pasta LF
- 12187 Honey Apple Glazed chicken LF
- 12189 Butter Chicken

VEGETARIAN / CHEESE

- 10007 Vegetarian Pasta Primavera LF/VV
- 10047 Cheese Omelet V
- 10060 Vegetarian Stew LF/VV
- 10062 Vegetarian Chili LF/VV
- 10063 Vegetarian Dhal LF/VV
- 12021 Vegetable Lasagna V
- 12079 Macaroni & Cheese V
- 12131 Chana Masala LF/VV
- 12158 Spaghetti w/Tomato Sauce LF/V
- 12176 Scrambled Eggs & Homefries V
- 12182 Mexican Rice & Bean Casserole LF/V
- 12188 Vegetable Curry LF/LS/VV

DESSERT

- 14008 Butter Tart
- 14009 Carrot Cake V
- 14011 Apple Crisp LS/V
- 14012 Peach Cobbler LS/V
- 14014 Cherry Cobbler LS/V
- 14015 Cherry Cheesecake
- 14016 Fruit Cocktail LF/LS/VN
- 14026 Cherry Streusel LS/V
- 14056 Lemon Tart
- 14058 Banana Cake
- 14077 Pecan Tart LS
- 14080 Raspberry Tart LS
- 14092 Strawberry Shortcake LS/V
- 14093 Lemon Layer Cake LS/V
- 14094 Chocolate Fudge Cake LS/V
- 14095 Sticky Toffee Pudding V
- 14096 Orange Layer Cake V
- 14313 Blueberry Cake NAS/V

BREAKFAST SNACK Choose 1 juice + 1 starch

- 07085 Orange Juice LF/LS/VV
- 07086 Apple Juice LF/LS/VV
- 08009 Raisin Bran Muffin V
- 08018 Carrot Muffin V
- 94000 Cream of Wheat Cereal LF/LS/V
- 94001 Oatmeal LF/LS/V

To order Special Diet, Pureed, and Minced meals, please contact your local Community Meals agency for an order form.

SOUP

- 93007 Beef Barley LF
- 93012 Cream of Cauliflower V
- 93022 Rice and Turkey LF
- 93023 Cream of Tomato V
- 93025 Beef & Vegetable LF
- 93030 Carrot Soup LF/LS/V
- 93032 Cream of Mushroom LS/V
- 93033 Split Pea & Ham LF/LS
- 93036 Cream of Potato & Leek V
- 93039 Broccoli LF/LS/VV
- 93051 Chicken & Vegetable LF
- 93063 Squash VV
- 93354 Minestrone LF/V
- 93355 Chicken Noodle LF
- 93356 Country Vegetable LF/VN

VV= VEGETARIAN
V = VEGETARIAN
LS = LOW SODIUM
LF = LOW FAT
GF = GLUTEN FREE
NAS = NO ADDED SUGAR

***** CONTAINS CHICKEN & PORK

