

**FROZEN MEAL PROGRAM - SPECIAL DIETS**

Effective MAY 1, 2023

ROUTE (Agency use only)

AGENCY: TRANSCARE Community Support Services

DELIVERY DATE : \_\_\_\_\_ /THUR

NAME : \_\_\_\_\_

**SPECIAL DIET MEALS***Suitable : Lactose Free, Gluten Free, Low Sodium  
and controlled Potassium & Phosphorous*

10012	___ Apple Pork	GF/LS/LF	10021	___ Turkey with Gravy	GF/LS/LF
10017	___ Beef & Vegetable Casserole	GF/LS/LF	10033	___ Chicken with Gravy	GF/LS/LF
10018	___ Herbed Fish	GF/LS/LF			
10020	___ Hawaiian Chicken	GF/LS/LF			

**MINCED ENTREES**

17001	___ Beef Dinner		17009	___ Pasta Primavera	LF/VV
17002	___ Apple Braised Pork		17010	___ Beef Stew	LF
17003	___ Ham	LF	17012	___ Honey Dijon Pork	LF
17004	___ Chicken à la King	LF	17013	___ Vegetarian Stew	LF/V
17005	___ Turkey Dinner		17014	___ Sweet & Sour Chicken	LS/LF
17006	___ Pesto Chicken	LF			

**PUREED ENTREES**

16001	___ Chicken à la King		16011	___ Sweet & Sour Chicken	LF
16002	___ <b>Vegetable Lasagna</b>	V	16016	___ Meatloaf	
16003	___ Apple Braised Pork		16017	___ Lemon Herb Fish	
16004	___ Macaroni & Cheese		16018	___ Chicken Cacciatore	LF
16005	___ Shepherd's Pie		16020	___ Spaghetti Bolognese	
16006	___ Turkey Dinner		16021	___ Turkey Casserole	
16007	___ Beef & Vegetable Casserole		16023	___ Creamed Salmon	
16009	___ Beef Pot Roast				

**THICKENED PUREED SOUPS**

13053	___ Broccoli	LF
13054	___ Carrot	
13055	___ Cauliflower	LF
13056	___ Chicken Noodle	LF
13057	___ Mushroom	
13058	___ Tomato Beef	LF

**GF = Gluten Free**      **LF = Low Fat**  
**LS = Low Sodium**      **V = Vegetarian**  
**VV = Vegan**

