

FROZEN MEAL PROGRAM - SPECIAL DIETS

Effective NOV 16, 2020

ROUTE (Agency use only)

AGENCY: TRANSCARE Community Support Services

DELIVERY DATE : _____

NAME : _____

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

10012	___ Apple Pork	GF/LS/LF/LC	10021	___ Turkey with Gravy	GF/LS/LF/LC
10017	___ Beef & Vegetable Casserole	GF/LS/LF/LC	10033	___ Chicken with Gravy	GF/LS/LF/LC
10018	___ Herbed Fish	GF/LS/LF/LC	10054	___ Pot Roast Beef	GF/LS/LC
10020	___ Hawaiian Chicken	GF/LS/LF/LC			

MINCED ENTREES

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

PUREED ENTREES

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

THICKENED PUREED SOUPS

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

PUREED DESSERTS

09011	___ Low Sugar Chocolate Mousse	LC
09021	___ Low Sugar Strawberry Mousse	LS/LC
09041	___ Low Sugar Tangerine Mousse	LS/LC

GF = Gluten Free
LS = Low Sodium
LC = Low Calorie

LF = Low Fat
V = Vegetarian

