

FROZEN MEAL PROGRAM

Effective Nov 16, 2020

AGENCY: TRANSCARE Community Support Services

DELIVERY DATE: _____

NAME: _____

Route (Agency use only)

FR _____ FZ _____ FE _____

FS _____ FD _____ FB _____

BEEF

- 12005 ___ Macaroni Meat and Cheese Casserole
- 12008 ___ Beef Stew LS/LF
- 12017 ___ Salisbury Steak
- 12046 ___ Chopped Swiss Steak LS/LF
- 12062 ___ Meatloaf in M'room Gravy LS
- 12087 ___ Liver & Onions LF
- 12092 ___ Meat Lasagna
- 12108 ___ Shepherd's Pie LF/LS
- 12109 ___ Italian-style Breaded Veal LF/LS
- 12111 ___ Spaghetti Bolognese LF
- 12118 ___ Steak & Mushroom Pie
- 12125 ___ Meatballs in Gravy
- 12130 ___ Beef Stroganoff LF/LS
- 12146 ___ Meatballs and Peppers
- 12150 ___ Sliced Beef w/M'room Gravy LF
- 12164 ___ Traditional Pot Roast GF/LF
- 12178 ___ **Oriental Beef** LF
- 12183 ___ **BBQ Beef Patty**
- 12184 ___ **Sliced Beef w/Peppercorn Sauce**

PORK

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

FISH

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

VEGETARIAN / CHEESE

- 10007 ___ Vegetarian Pasta Primavera LF/VN
- 10047 ___ Cheese Omelet V
- 10060 ___ Vegetarian Stew LF/VN
- 10062 ___ Vegetarian Chili LF/V
- 10063 ___ Vegetarian Dhal GF/LF/VN
- 12021 ___ Vegetable Lasagna V
- 12079 ___ Macaroni & Cheese V
- 12131 ___ Chana Masala LF/VN
- 12137 ___ Vegetarian Tofu Stew LF/VN
- 12155 ___ Tofu Teriyaki LF/VN
- 12158 ___ Spaghetti w/Tomato Sauce LF/V
- 12176 ___ Scrambled Eggs & Homefries V
- 12182 ___ **Mexican Rice & Bean Casserole** V

VN= VEGETARIAN
V = VEGETARIAN

GULTEN - FREE

- 10063 ___ Vegetarian Dhal GF/LF/VN
- 12141 ___ Chicken Breast with Cheddar & Bacon Sauce GF
- 12164 ___ Traditional Pot Roast GF/LF
- 12167 ___ Lemon Herb Fish GF/LF/LS

DESSERT

- 09011 ___ Low Sugar Choc Mousse V
- 09021 ___ Low Sugar Straw Mousse LS/LF
- 09041 ___ Low Sugar Tang Mousse LS/LF
- 14008 ___ Butter Tart
- 14009 ___ Carrot Cake V
- 14011 ___ Apple Crisp LS/V
- 14012 ___ Peach Cobbler LS/V
- 14013 ___ Rice Pudding LF/LS/V
- 14014 ___ Cherry Cobbler LS/V
- 14015 ___ Cherry Cheesecake
- 14016 ___ Fruit Cocktail LF/LS/VN
- 14017 ___ Chocolate Brownie NAS/V
- 14026 ___ Cherry Streusel LS/V
- 14056 ___ Lemon Tart
- 14058 ___ Banana Cake
- 14076 ___ Cheesecake NAS/V
- 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

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

LS = LOW SODIUM

LF = LOW FAT

GF = GLUTEN FREE

NAS = NO ADDED SUGAR

**** CONTAINS CHICKEN & PORK

BREAKFAST SNACK

Choose 1 juice + 1 starch

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

SOUP

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

