Community Care for Central Hastings FROZEN MEAL PROGRAM

Order taken by: _____ **Client #**_____
Client name: _____

Order date:
Phone:

Delivery Address:

Route
Delivery Date

BEEF

12005		Macaroni Meat & Cheese Casserole	
12008		Beef Stew	LC LS
12017		Salisbury Steak	LC
12046		Chopped Swiss Steak	LC LS
12062		Meatloaf in Mushroom Gravy	LC LF
12087		Liver & Onions	LC LF
12092		Meat Lasagna	
12108		Shephard`s Pie	LC LF LS
12109		Italian-style Breaded Veal	LC LF LS
12111		Spaghetti Bolognese	LC LF
12118		Steak & Mushroom Pie	LS
12125		Meatballs in Gravy	LC LS
12130		Beef Stroganoff	LS
12132		Sliced Beef w/Onion Gravy	LS LF
12146		Meatballs and Peppers	LC LF
12150		Sliced Beef w/Mushroom Gravy	LC LF
12157		Steak & Potato Stew	LC
12164		Traditional Pot Roast	GF LC LF

CHICKEN & TURKEY

12001		Chicken a la King	LC LF
12032		Country Chicken	LC LF
12057		Breaded Chicken Breast	LC
12078		Chicken Cacciatore	LC LF LS
12090		Roast Chicken Thigh	LC LF
12094		Lemon Chicken	LC LF LS
12113		Breaded Chicken Fingers with Vegetables	
12114		General Tso`s Chicken	LC LF
12116		Chicken Stew	LC LF
12124		Chicken Breast w/White Ched.&Broc.Sauce	LC
12127		Turkey Chili	LC LS
12135		Chicken Pot Pie	LC
12139		Sweet & Sour Chicken	LC LF
12141		Chicken Breast w/Cheddar & Bacon Sauce	GF LC
12142		Chicken w/ Mushroom Gravy	LC LF LS
12148		Chicken with Honey BBQ Sauce	LC LF LS

CHICKEN & TURKEY CON'T

12156		Coconut Lime Chicken	LC
12159		Chicken Florentine Penne	LC LF
12163		Chicken Curry	LC LF LS
12165		Creamy Ranch Chicken	GF LC
12168		Turkey with Stuffing	LC LF LS

PORK

12020		Pork with Stuffing	LC LF LS
12073		Tourtiere Meat Pie	
12089		Rib Style Pork Cutlet	
12115		Baked Ham	LC LF
12138		Bangers & Mash	
12143		Seasoned Pork Loin	LC LS
12149		Ham & Broccoli Casserole	LC

FISH

12003		Fish Florentine	LC LF LS
12013		Fish and Chips	
12063		Salmon in Lemon Sauce	
12119		Asian Glazed Salmon	LC LF LS
12134		Fish Cakes	
12162		Creamed Salmon Supreme	LC
12167		Lemon Herb Fish	GF LC LF LS

VEGETARIAN

10007		Vegetarian Pasta Primavera	LC LF V Vv
10047		Cheese Omelet	V
10060		Vegetarian Stew	LC LF V Vv
10062		Vegetarian Chili	LC LF V Vv
10063		Vegetarian Dhal	LC LF V Vv
12021		Vegetable Lasagna	V
12079		Macaroni & Cheese	LC V
12131		Chana Masala	LC LF LS V Vv
12137		Vegetarian Tofu Oriental	LC LF LS V Vv
12152		Vegetable & Lentil Pot Pie	LC V Vv
12153		Broccoli, Mshrm & Rice Cass.	LC V
12155		Tofu Teriyaki	LC V
12158		Spaghetti with Tomato Sauce	LC V

REGULAR SOUPS

93007		Beef Barley	LC LF LS
93012		Cream of Cauliflower	LC V
93013		Chicken Noodle	LC LS
93014		Minestrone	LC LF LS V Vv
93015		Country Vegetable	LC LF LS V Vv
93017		Cream of Potato & Chive	LC V
93019		Cream of Broccoli	LC V
93020		Cream of Mushroom	LC V
93022		Turkey Rice	LC LF LS
93023		Cream of Tomato	LC V
93024		Cream of Green Split Pea	LC V
93045		Turkey Noodle	LC LS
93046		Canadian Split Pea	LC LF LS
93047		Italian Wedding	LC LS
93048		Broccoli & Cheese	LC LS V
93050		Cream of Chicken	LC
93063		Butternut Squash	LC V

FURTHER REDUCED SODIUM

93346		Chicken Noodle	LC LF LX
93347		Minestrone	LC LF LS
93348		Tomato Lentil	LC LF LS Vv
93349		Country Vegetable	LC LF LS Vv

BREAKFAST SNACKS

Choose 1 Juice + 1 Starch

07085		Orange Juice	LC LF LS Vv
07086		Apple Juice	LC LF LS Vv
08003		Carrot Muffin	V
08008		Raisin Bran Muffin	V
94000		Cream of Wheat	LC LF LS V
94001		Oatmeal	LC LF LS V

REGULAR DESSERTS

09011		Low Sugar Choc Mousse	LC
09021		Low Sugar Strawb Mousse	LC LS
09041		Low Sugar Tangerine Mousse	LC LS
14008		Butter Tart	
14009		Carrot Cake	V
14011		Apple Crisp	LC LS V
14012		Peach Cobbler	LS V
14013		Rice Pudding	LC LF LS V
14014		Cherry Cobbler	LC LS V
14016		Fruit Cocktail	LC LF LS V Vv
14017		Chocolate Brownie	
14026		Cherry Streusel	LS V
14056		Lemon Tart	
14058		Banana Cake	V
14076		Cheesecake	NAS V
14077		Pecan Tart	LS
14080		Raspberry Tart	
14091		Strawberry Swirl Cheesecake	V
14092		Strawberry Shortcake	V
14093		Lemon Layer Cake	V
14094		Chocolate Fudge Cake	V
14095		Sticky Toffee Pudding	V
14096		Orange layer Cake	V
14313		Blueberry Cake	NAS V

Diet Codes

NAS	No Added Sugar
LF	Low Fat
LS	Low Sodium
LC	Low Calorie
GF	Gluten Free
V	Vegetarian
Vv	Vegan

Total Entrees:

Total Soups/Desserts:

To Order Special Diet, Pureed, or Minced meals please refer to your brochure and call office to place order.

COMMUNITY CARE FOR CENTRAL HASTINGS