

## MEALSONWHEELS – FROZEN MEALS

**WEEK#**

**1**

**DELIVERY DATE: Varies by Agency**

| QUANTITY | MAIN COURSE   |
|----------|---|
|          | CITRUS HONEY CHICKEN THIGH<br>MASHED POTATOES<br>BROCCOLI |
|          | CHICKEN A LA KING<br>PASTRY SHELL<br>GREEN BEANS          |
|          | ROAST BEEF /GRAVY<br>MASHED POTATOES<br>PEAS              |
|          | MEATLOAF<br>MASHED POTATOES<br>CARROTS                    |
|          | VEAL PARMESAN<br>SPAGHETTI<br>ITALIAN MIXED VEGETABLES    |
|          | LEMON DILL SALMON<br>BOILED POTATOES<br>MIXED VEGETABLES  |
|          | VEGETARIAN CHOW MEIN<br>BROWN RICE                        |

| ORDER OPTIONS    |
|------------------|
| ENTREE ONLY      |
| ENTREE & DESSERT |
| ENTREE & SOUP    |
| EXTRA DESSERT    |
| EXTRA SOUP       |

| QTY | DESSERT                  |
|-----|--------------------------|
|     | ORANGE CREAMSICLE CAKE   |
|     | APPLE TART               |
|     | CHERRY CHEESECAKE        |
|     | CHOCOLATE BROWNIE        |
|     | TAPIOCA                  |
|     | DIET BUTTERSCOTCH MOUSSE |
|     | DIET JELLIED FRUIT       |

| QTY | SOUP                 |
|-----|----------------------|
|     | BEEF BARLEY          |
|     | CHICKEN NOODLE       |
|     | CHICKEN RICE         |
|     | MINISTRONE           |
|     | VEGETABLE            |
|     | CREAM OF ASPARAGUS   |
|     | CREAM OF POTATO LEEK |

TO PLACE FROZEN MEAL ORDER PLEASE CALL YOUR AGENCY

IF WE DON'T ANSWER PLEASE LEAVE YOUR ORDER ON ANSWERING MACHINE (available 24 hrs)

NOTE: PUREED MEALS ARE AVAILABLE UPON REQUEST

## MEALSONWHEELS – FROZENMEALS

**WEEK#**

**2**

**DELIVERY DATE: Varies by Agency**

| QUANTITY | MAIN COURSE  |
|----------|--|
|          | BAKED CHICKEN<br>MASHED POTATOES<br>CARROTS                  |
|          | BROCCOLI STUFFED CHICKEN<br>MASHED POTATOES<br>PEI BEANS     |
|          | HAMBURGER WITH ONIONS<br>HASHBROWNS<br>CALIFORNIA VEGETABLES |
|          | BBQ PORK RIBETTES<br>OVEN ROASTED POTATOES<br>CORN           |
|          | GARDEN QUICHE<br>MIXED VEGETABLES                            |
|          | FISH AU GRATIN<br>BOILED POTATOES<br>PEAS                    |
|          | WHOLE WHEAT VEGETABLE LASAGNA<br>ITALIAN MIXED VEGETABLES    |

| ORDER OPTIONS    |
|------------------|
| ENTREE ONLY      |
| ENTREE & DESSERT |
| ENTREE & SOUP    |
| EXTRA DESSERT    |
| EXTRA SOUP       |

| QTY | DESSERT              |
|-----|----------------------|
|     | BANANA CAKE          |
|     | BUTTERTART           |
|     | DATE SQUARE          |
|     | LEMON SHORTCAKE      |
|     | VANILLA PUDDING      |
|     | DIET STRAWBERRY CAKE |
|     | DIET FRUIT CUP       |

| QTY | SOUP                 |
|-----|----------------------|
|     | BEEF BARLEY          |
|     | CHICKEN NOODLE       |
|     | CHICKEN RICE         |
|     | MINISTRONE           |
|     | VEGETABLE            |
|     | CREAM OF ASPARAGUS   |
|     | CREAM OF POTATO LEEK |

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**3**

**DELIVERY DATE: Varies by Agency**

| QUANTITY | MAIN COURSE  |
|----------|--|
|          | ORANGE THYME CHICKEN LEGS & THIGHS<br>POTATO PANCAKES<br>GREEN BEANS |
|          | ROAST TURKEY /DRESSING /GRAV<br>MASHED POTATOES<br>SQUASH            |
|          | SWEDISH MEATBALLS<br>MASHED POTATOES<br>CARROTS                      |
|          | OCTOBERFEST SAUSAGE<br>MASHED POTATOES<br>CABBAGE                    |
|          | ROAST PORK LOIN/APPLES<br>MASHED POTATOES<br>BROCCOLI                |
|          | PEROGIES<br>BACON & ONIONS<br>MIXED VEGETABLES                       |
|          | SPINACH & CHEESE CANNELLONI<br>GARDEN VEGETABLES                     |

| ORDER OPTIONS    |
|------------------|
| ENTREE ONLY      |
| ENTREE & DESSERT |
| ENTREE & SOUP    |
| EXTRA DESSERT    |
| EXTRA SOUP       |

| QTY | DESSERT                    |
|-----|----------------------------|
|     | LEMON SQUARE               |
|     | BLACK FOREST CAKE          |
|     | OATMEAL COOKIES            |
|     | COCONUT CREAM PUDDING      |
|     | JELLY ROLL                 |
|     | DIET LEMON MOUSSE          |
|     | DIET CHOCOLATE MOUSSE CAKE |

| QTY | SOUP                 |
|-----|----------------------|
|     | BEEF BARLEY          |
|     | CHICKEN NOODLE       |
|     | CHICKEN RICE         |
|     | MINISTRONE           |
|     | VEGETABLE            |
|     | CREAM OF ASPARAGUS   |
|     | CREAM OF POTATO LEEK |

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**4**

**DELIVERY DATE: Varies by Agency**

| QUANTITY | MAIN COURSE   |
|----------|---|
|          | BBQ PORK CHOPS<br>OVEN ROASTED POTATOES<br>MIXED VEGETABLES |
|          | TURKEY SCHNITZEL<br>MASHED POTATOES<br>GREEN BEANS          |
|          | ITALIAN SAUSAGE<br>SCALLOPED POTATOES<br>CORN               |
|          | PINEAPPLE CHICKEN<br>RICE<br>BROCCOLI                       |
|          | BEEF BOURGUIGNON<br>EGG NOODLES<br>YELLOW BEANS             |
|          | CHEESE RAVIOLI, MARINARA SAUCE<br>ITALIAN MIXED VEGETABLES  |
|          | BAKED SOLE<br>MASHED POTATOES<br>PEI VEGETABLES             |

| COST             |
|------------------|
| ENTREE ONLY      |
| ENTREE & DESSERT |
| ENTREE & SOUP    |
| EXTRA DESSERT    |
| EXTRA SOUP       |

| QTY | DESSERT                |
|-----|------------------------|
|     | APPLE CRISP            |
|     | FRENCH CREAM CAKE      |
|     | VANILLA CARAMEL CAKE   |
|     | RICE PUDDING           |
|     | TRIPLEBERRY CRUMBLE    |
|     | DIET STRAWBERRY MOUSSE |
|     | DIET LEMON MOUSSE CAKE |

| QTY | SOUP                 |
|-----|----------------------|
|     | BEEF BARLEY          |
|     | CHICKEN NOODLE       |
|     | CHICKEN RICE         |
|     | MINESTRONE           |
|     | VEGETABLE            |
|     | CREAM OF ASPARAGUS   |
|     | CREAM OF POTATO LEEK |

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**5**

**DELIVERY DATE: Varies by Agency**

| QUANTITY | MAIN COURSE  |     | COST                 |
|----------|--|-----|----------------------|
|          | STOVE TOP CHICKEN<br>BUTTERED NOODLES<br>CALIFORNIA VEGETABLES |     | ENTREE ONLY          |
|          | SWEET & SOUR PORK<br>RICE<br>ORIENTAL MIXED VEGETABLES         |     | ENTREE & DESSERT     |
|          | BAKED HAM<br>SCALLOPED POTATES<br>CORN                         |     | ENTREE & SOUP        |
|          | LIVER & ONIONS<br>MASHED POTATOES<br>GREEN BEANS               |     | EXTRA DESSERT        |
|          | SALISBURY STEAK/GRAVY<br>MASHED POTATOES<br>CARROTS            |     | EXTRA SOUP           |
|          | PENNE PASTA<br>MEAT SAUCE<br>BROCCOLI                          |     |                      |
|          | POACHED POLLACK/CELERY SAUCE<br>BOILED POTATOES<br>PEAS        |     |                      |
| QTY      | DESSERT  | QTY | SOUP                 |
|          | CARROT CAKE  |     | BEEF BARLEY          |
|          | CHERRY CRISP   |     | CHICKEN NOODLE       |
|          | STRAWBERRY SHORTCAKE   |     | CHICKEN RICE         |
|          | PEANUT BUTTER COOKIES  |     | MINISTRONE           |
|          | TIGER BROWNIE  |     | VEGETABLE            |
|          | SUGARFREE APPLE STRAUSS CAKE                                   |     | CREAM OF ASPARAGUS   |
|          | VANILLA ICE CREAM  |     | CREAM OF POTATO LEEK |

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