



FOOD FOR ALL FROZEN MEALS

Spicy Foods	Low Sodium	Low Fat Low Cholesterol	Item Number	
VEGETARIAN OPTIONS				
	♦	♥	1	Vegetable Lasagna, harvard beets, blueberry cobbler, whole grain roll
	♦		2	Spinach and Pepper Quiche, vegetarian sausage, warm cinnamon apples, whole grain roll
		♥	4	Macaroni and Cheese, sautéed spinach, oatmeal cake bake, whole grain roll
ASIAN INSPIRED OPTIONS				
	♦	♥	10	Sweet and Sour Pork, rice, stir fried cabbage, pineapple cake, whole grain roll
	♦	♥	12	Sesame Chicken, white rice, wax beans and peppers, pineapple cake, whole grain roll
		♥	14	Beef and Broccoli Stir Fry, white rice, far east vegetables, poached pears, whole grain roll
LATIN INSPIRED OPTIONS				
	♦	♥	23	Chicken Cacciatore, sautéed spinach, rice pudding, whole grain roll
😊	♦		26	Beef Enchilada Bake, cilantro rice, apple cobbler, whole grain roll
😊	♦		27	Dirty Rice with Pork and Beef, black eyed peas, cherry cobbler, whole grain roll
SOUTHERN FOOD OPTIONS				
	♦		30	Country Fried Chicken, gravy, mashed potatoes, sweet corn, peach cobbler, cornbread muffin
😊	♦	♥	31	Blackened Tilapia, sautéed spinach, rice pudding, cornbread muffin
			32	Smothered Pork Chop, collard greens, warm cinnamon apples, cornbread muffin
😊	♦	♥	33	Texas Hot Chili, wax beans and peppers, banana bread pudding, cornbread muffin
ITALIAN CUISINE OPTIONS				
	♦	♥	40	Spaghetti with Italian Meat Sauce, green beans and carrots, peach crisp, whole grain roll
		♥	41	Lasagna with Italian Sausage, california vegetables, warm cinnamon apples, whole grain roll
		♥	43	Chicken Parmesan, linguine marinara, brussels sprouts, warm cinnamon apples, whole grain roll
	♦		47	Chicken Florentine Pasta, sautéed carrots, peach crisp, whole grain roll
	♦		48	Turkey Tetrazzini, green beans and carrots, poached pears, whole grain roll
COMFORT FOODS OPTION				
			50	Herb Roasted Chicken, brussels sprouts, cherry crisp, buttermilk biscuit
	♦	♥	51	Bbq Chicken Thigh, collard greens, banana bread pudding, buttermilk biscuit
	♦	♥	52	Chicken and Rice Casserole, sautéed carrots, warm cinnamon apples, buttermilk biscuit
			60	Beef Stew, stewed tomatoes, escalloped apples, buttermilk biscuit
	♦	♥	61	Beef Stroganoff, sautéed spinach, warm apple rings, buttermilk biscuit
		♥	62	Meatloaf, gravy, mashed potatoes, stewed tomatoes, corn pudding, buttermilk biscuit
	♦	♥	63	Tender Pork Roast, mashed potatoes, corn, peas and carrot mix, rice pudding, buttermilk biscuit
	♦	♥	64	Hungarian Goulash, sweet and sour cabbage, cinnamon apples, buttermilk biscuit
	♦		66	Tuna Broccoli Bake, harvard beets, triple berry cobbler, buttermilk biscuit
BREAKFAST FOOD OPTIONS				
			73	Quiche Lorraine, potatoes o'brien, peach crisp, fruit muffin
			75	Sausage and Egg Strata, potatoes o'brien, warm cinnamon apples, fruit muffin
			76	House Made Corned Beef Hash, scrambled eggs, peach cobbler, fruit muffin