



| Spicy Foods | Low Sodium | Low Fat Low Cholesterol | Item Number | |
|------------------------------------|------------|-------------------------|-------------|---|
| FOOD FOR ALL FROZEN ENTREES | | | | |
| VEGETARIAN OPTIONS | | | | |
| | ♦ | ♥ | 1 | Vegetable Lasagna, Harvard beets, blueberry cobbler |
| | ♦ | | 2 | Spinach and Pepper Quiche, vegetarian sausage patty, warm cinnamon apples |
| | | ♥ | 4 | Macaroni and Cheese, sautéed spinach, oatmeal cake bake |
| ASIAN INSPIRED OPTIONS | | | | |
| | ♦ | ♥ | 10 | Sweet and Sour Pork, rice, stir fried cabbage, pineapple cake |
| | ♦ | ♥ | 12 | Sesame Chicken, white rice, wax beans and peppers, pineapple cake |
| | | ♥ | 14 | Beef and Broccoli Stir Fry, white rice, far east vegetables, poached pears |
| LATIN INSPIRED OPTIONS | | | | |
| | ♦ | ♥ | 23 | Chicken Cacciatore, sautéed spinach, rice pudding |
| 😊 | ♦ | | 26 | Beef Enchilada Bake, cilantro rice, apple cobbler |
| 😊 | ♦ | | 27 | Dirty Rice, black eyed peas, cherry cobbler |
| SOUTHERN FOOD OPTIONS | | | | |
| | ♦ | | 30 | Country Fried Chicken, mashed potatoes, sweet corn, peach cobbler |
| 😊 | ♦ | ♥ | 31 | Blackened Tilapia, sautéed spinach, rice pudding |
| | | | 32 | Smothered Pork Chop, collard greens, warm cinnamon apples |
| 😊 | ♦ | ♥ | 33 | Beef Chili, wax beans and peppers, banana bread pudding |
| ITALIAN CUISINE OPTIONS | | | | |
| | ♦ | ♥ | 40 | Spaghetti with Italian meat sauce, green beans and carrots, peach crisp |
| | | ♥ | 41 | Lasagna with Italian sausage, California vegetables, warm cinnamon apples |
| | | ♥ | 43 | Chicken Parmesan, penne marinara, Brussels sprouts, warm cinnamon apples |
| | ♦ | | 47 | Chicken Florentine Pasta, sautéed carrots, peach crisp |
| | | | 49 | Tuscan Shrimp Pasta, green and wax beans, banana caramel cake |
| COMFORT FOODS OPTION | | | | |
| | | | 50 | Herb Roasted Chicken, Brussels sprouts, cherry crisp |
| | ♦ | ♥ | 51 | Bbq Chicken Thigh, collard greens, banana bread pudding |
| | ♦ | ♥ | 52 | Chicken and Rice Casserole, sautéed carrots, warm cinnamon apples |
| | | | 60 | Beef Stew, stewed tomatoes, escalloped apples |
| | ♦ | ♥ | 61 | Beef Stroganoff, sautéed spinach, poached pears |
| | | ♥ | 62 | Meatloaf, gravy, mashed potatoes, stewed tomatoes, corn pudding |
| | ♦ | ♥ | 63 | Tender Pork Roast, mashed potatoes, corn, peas and carrot mix, rice pudding |
| | ♦ | ♥ | 64 | Hungarian Goulash, sweet and sour cabbage, cinnamon apples |
| | | | 65 | Chicken Pot Pie, maple glazed carrots, apple crumb cake |
| BREAKFAST FOOD OPTIONS | | | | |
| | | | 73 | Quiche Lorraine, potatoes O'Brien, peach crisp |
| | | | 75 | Sausage and Egg Strata, potatoes O'Brien, warm cinnamon apples |
| | | | 76 | House Made Corned Beef Hash, scrambled eggs, peach cobbler |

