

Spicy Foods	Low Sodium	Low Fat Low Cholesterol	Low Carb (40-60gm)	Item Number	
FOOD FOR ALL FROZEN ENTREES					
	♦	♥		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
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 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
			☀	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
			☀	59	Beef Tips and Gravy, mashed potatoes, green beans, carrots, peaches and cream
	♦	♥	☀	61	Beef Stroganoff, sautéed spinach, warm apple rings
		♥		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
			☀	77	Sloppy Joes, baked beans with peppers, chocolate zucchini cake
	♦		☀	78	BBQ Pulled Pork, potatoes O'Brien, peach crisp
BREAKFAST FOOD OPTIONS					
			☀	73	Quiche Lorraine, potatoes O'Brien, peach crisp
			☀	74	Vegetable Egg Frittata, blueberry oatmeal, pork sausage link
			☀	76	House Made Corned Beef Hash, scrambled eggs, peach cobbler