



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

