

Sudbury Meals on Wheels - 705 525 4554

FROZEN MEAL PROGRAM

FULL DIET



ENTREE PLUS

NAME: _____

ROUTE: _____

DELIVERY WEEK: _____

ENTREES

- 101 ___ Cheese Omelet **D**
- 201 ___ Bangers and Mash **D**
- 202 ___ Beef Stew **D LF**
- 204 ___ Swiss Steak **D**
- 205 ___ Liver and Onions **D LS**
- 207 ___ Salisbury Steak **D**
- 208 ___ Cabbage Roll **D**
- 209 ___ Beef Stroganoff **D LS LF**
- 210 ___ Chicken a la King **D LS LF**
- 211 ___ Breaded Veal Cutlet **D**
- 212 ___ Meatloaf **D**
- 213 ___ Roast Pork Loin **D LF**
- 214 ___ Roast Turkey **D LS LF**
- 215 ___ Pork Medallions **D LS LF**
- 216 ___ Chicken Divan **D**
- 217 ___ Pot Roast **D LS**
- 218 ___ Honey-Mustard Ham **D LF**
- 219 ___ Shepherd's Pie **D LS LF**
- 221 ___ Chicken Fingers **D**
- 222 ___ Boneless BBQ Ribs **D**
- 223 ___ Boneless Pork Chop **D LS**
- 225 ___ BBQ Chicken **D LS LF**
- 226 ___ Swedish Meatballs **D**
- 227 ___ Italian Sausage Penne **D**
- 302 ___ Salmon Fillet **D LS LF**
- 303 ___ Fish and Chips **LS**
- 304 ___ Tuna Casserole **D LS LF**
- 305 ___ Fish Florentine **D LS**
- 306 ___ Fillet of Sole **D**
- 401 ___ Sweet + Sour Chicken **LS LF**
- 402 ___ Teriyaki Chicken **D LF**

- 404 ___ Sweet+Sour Chicken Balls **D LF**
- 405 ___ Honey Garlic Ribs **LF**
- 501 ___ Spaghetti and Meatballs **D**
- 502 ___ Lasagna **D LF**
- 503 ___ Chicken Cacciatore **D**
- 504 ___ Chicken Alfredo **LF**
- 602 ___ Macaroni and Cheese **D**
- 603 ___ Vegetarian Lasagna **D LF**
- 701 ___ Beef Pot Pie **D**
- 702 ___ Chicken Pot Pie **D**

SOUPS

- S-1 ___ French Onion **D LF**
- S-2 ___ Chicken Noodle **D LF**
- S-3 ___ Beef Barley **D LF**
- S-4 ___ Hearty Vegetable **D LF**
- S-5 ___ Minestrone **D LF**
- S-6 ___ Cream of Broccoli **D**
- S-7 ___ Cream of Mushroom **D**
- S-8 ___ Cream of Potato/Leek **D**
- S-9 ___ Cream of Carrot **D**
- S-10 ___ Cream of Celery **D**
- S-11 ___ Cream of Tomato **D LF**
- S-12 ___ Cream of Chicken/Veg. **D LF**
- S-13 ___ N.E. Clam Chowder **D**
- S-14 ___ Steak + Potato Soup **D LF**

DESSERTS

- D-1 ___ Deep Dutch Brownie **LS**
- D-2 ___ Caramel Apple Crumble **LF**
- D-3 ___ Date Square **D**
- D-4 ___ Nanaimo Bar **D LF**
- D-5 ___ Carrot Cake **D LS**
- D-6 ___ Chocolate Fudge Cake **LS**
- D-7 ___ Orange Citrus Cake **D**
- D-8 ___ Banana Split Cake **D LF**
- D-9 ___ Maple Chocolate Mania **D**
- D-10 ___ Butterscotch **D LF**
- D-11 ___ Rice Pudding **D LS LF**
- D-12 ___ Chocolate Pudding **D LF**
- D-13 ___ Butterscotch Pudding **D LF**
- D-14 ___ Cherry Crisp **LS**
- D-15 ___ Peach Cobbler **D LF**
- D-16 ___ Cheese Cake **D LF**
- D-17 ___ Sticky Toffee Pudding Cake **D**
- D-18 ___ Apple Streusel Cake **D LS**
- D-19 ___ Fruit Cocktail **D LS LF**
- D-21 ___ Black Forest Cake **D LS**
- D-24 ___ Pecan Streusel Cake **D LS**
- D-26 ___ Triple Berry Crumble **LS**
- D-27 ___ Raspberry Tart **D LF**

Diet Codes:

- D suitable for Diabetic Diet
- LS suitable for Low Salt Diet
- LF suitable for Low Fat Diet