

# FROZEN MENU 1

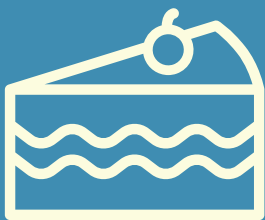
Order by Wednesday morning for delivery the following week.

Menu options with an asterisk \* are gluten-free.

Those with two asterisks \*\* CAN be made gluten-free upon request,

## ENTREE

- Braised Beef, Mashed Potato, Gravy, Carrots and Peas \*\*
- Chicken Breast with Broccoli Cheddar Sauce and Rice Pilaf \*
- Pork Chops, Cream Gravy, Peppers, Onions, Tomatoes, Egg Noodles
- Perogies with Onions and Braised Cabbage, Mixed Vegetables
- Shepherd's Pie with a side of Green Beans \*\*
- Gnocchi in Tomato Sauce with Italian Sausage and Peppers
- Cornmeal Crusted Cod, Roasted Potatoes, Broccoli and Corn \*



- Buttertart
- Lemon Pound Cake
- Blueberry Square
- Chocolate Mousse \*
- Banana Bread
- Black Forest Trifle (Diabetic)
- Baked Apple \* (Diabetic)

## DESSERT

## SOUP

- Turkey Rice \*
- Chicken Noodle \*\*
- Ham & Split Pea \*
- Butternut Squash \*
- Tomato Basil \*
- Cream of Cauliflower \*
- Loaded Potato \*

## PRICING

- Entree \$6
- Dessert \$1.95
- Soup \$2.50
- Entree & Dessert \$7.50
- Soups are \$2.50

# FROZEN MENU 2

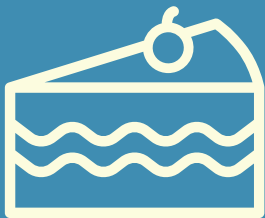
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## ENTREE

Apple Sage Stuffed Pork, Roasted Potatoes, Squash, and Peas  
Chicken Parmesan with Penne Pasta and Italian Mixed Vegetables  
Meatloaf with Mashed Potatoes, Carrots and Corn  
Sausage and Sauerkraut with BBQ Beans and Hash Browns \*  
Quiche (Spinach, Feta, Roasted Peppers), Lemon Garlic Rice, Carrots  
Fettuccine Alfredo with Italian Mixed Vegetables \*\*  
Lemon Garlic Butter Baked Haddock, Rice, Cauliflower, Peas \*



Apple Turnover  
Pineapple Upside Down Cake  
Pumpkin Pie  
Double Chocolate Cake  
Vanilla Strawberry Ice Cream \*  
Raspberry Peach Cake (Diabetic)  
Butterscotch Pudding \* (Diabetic)

## DESSERT

## SOUP

Turkey Rice \*  
Chicken Noodle \*\*  
Ham & Split Pea \*  
Butternut Squash \*  
Tomato Basil \*  
Cream of Cauliflower \*  
Loaded Potato \*

## PRICING

Entree \$6  
Dessert \$1.95  
Soup \$2.50  
Entree & Dessert \$7.50  
Soups are \$2.50

# FROZEN MENU 3

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## ENTREE

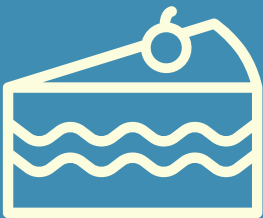
Sweet and Sour Meatballs with Peppers and Pineapple over Rice  
Breaded Chicken Cutlet, Peppers, Onions, Brown Butter Gnocchi  
BBQ Pulled Pork with Mashed Sweet Potatoes, Southwest Corn \*

Liver, Onions, Apples, Bacon, Mashed Potatoes, Mixed Vegetables \*\*

Butter Chicken with Spinach and Chickpeas over Rice with Carrots \*

Ravioli, Meat Sauce, Mushrooms and Italian Vegetables \*\*

Parmesan Crusted Lemon Pepper Cod, Roasted Potatoes, Peas, Cauliflower \*



Mixed Fruit Tart

Butterscotch Pudding \*

Buttertart

Blueberry Square

Double Chocolate Cake

Vanilla Cake (Diabetic)

Baked Apple \* (Diabetic)

## DESSERT

## SOUP

Turkey Rice \*

Chicken Noodle \*\*

Ham & Split Pea \*

Butternut Squash \*

Tomato Basil \*

Cream of Cauliflower \*

Loaded Potato \*

## PRICING

Entree \$6

Dessert \$1.95

Soup \$2.50

Entree & Dessert \$7.50

Soups are \$2.50

# FROZEN MENU 4

Order by Wednesday morning for delivery the following week.

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## ENTREE

Salisbury Steak, Mushroom Gravy, Baked Potato, Mixed Vegetables

Balsamic Pork with Basil Pasta, Broccoli and Squash

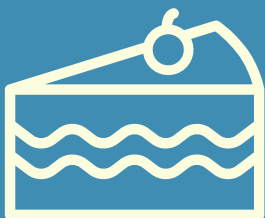
Turkey Dinner, Mashed Potatoes, Gravy, Stuffing, Carrots and Peas

Ham, Peach Chutney, Roasted Potatoes and Mixed Vegetables \*

Swedish Meatballs, Egg Noodles with Green Beans and Corn

Cheese Tortellini in Tomato Sauce with Italian Vegetables \*\*

Seafood Jambalaya, Celery, Onions, Peppers, Tomatoes, Rice \*



Lemon Pound Cake

Apple Turnover

Pineapple Upside Down Cake

Banana Bread

Pumpkin Pie

Chocolate Cake (Diabetic)

Butterscotch Pudding \* (Diabetic)

## DESSERT

## SOUP

Turkey Rice \*

Chicken Noodle \*\*

Ham & Split Pea \*

Butternut Squash \*

Tomato Basil \*

Cream of Cauliflower \*

Loaded Potato \*

## PRICING

Entree \$6

Dessert \$1.95

Soup \$2.50

Entree & Dessert \$7.50

Soups are \$2.50

# FROZEN MENU 5

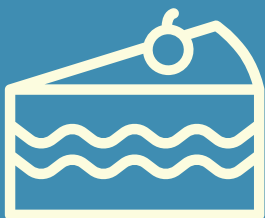
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## ENTREE

- Slow Roasted Mediterranean Beef, Mashed Potato, Beans, Carrots \*\*
- Chicken Stir Fry over Rice with Asian Vegetables \*
- Ham with Loaded Baked Potato, Corn and Peas \*
- Breaded Pork Chop, Roasted Sweet Potatoes, Broccoli, Carrots \*\*
- Turkey Tetrazzini, Egg Noodles, Onions, Carrots, Celery, Mushrooms
- Penne Pasta with Broccoli, Peas, Peppers, Spinach, Cream Sauce \*\*
- Blackened Tilapia with Rice, Corn and Black Beans \*



- Chocolate Mousse \*
- Butterscotch Pudding \*
- Vanilla Strawberry Ice Cream \*
- Mixed Fruit Tart
- Buttertart
- Rice Pudding & Raisins (Diabetic)
- Raspberry Peach Cake (Diabetic)

## DESSERT

## SOUP

- Turkey Rice \*
- Chicken Noodle \*\*
- Ham & Split Pea \*
- Butternut Squash \*
- Tomato Basil \*
- Cream of Cauliflower \*
- Loaded Potato \*

## PRICING

- Entree \$6
- Dessert \$1.95
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- Entree & Dessert \$7.50
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