



PLEASE FILL IN AS FULLY AS POSSIBLE AND EMAIL IT TO THE EMAIL LISTED BELOW or YOU CAN LEAVE IT WITH BRENDA IN THE POST OFFICE

Applicants Questionnaire

email: mcleeselakemealswithheart@gmail.com

Phone: 778-267-8768

Name:	
Address:	
Phone number:	
Email:	

Please tell us about any restrictions to your diet:

	Check off any restrictions that apply to you
Low sodium	
Gluten Free	
Lactose intolerant	
Vegetarian	
Sugar ***	
Others:	

	Please check off any proteins you do not like:
Cod	
Chicken	
Beef	
Pork	

***Can you tolerate deserts made with Stevia or Truvia sugar substitutes? YES/NO

We will make a variety of individualized meals every two weeks. While we cannot provide a custom order for each community member, we will substitute out meals that do not meet your dietary restrictions. **There will be no nuts or shellfish used in any of our recipes.**

Every two weeks one of our volunteers will deliver to you **8 frozen individual meals** which will include a protein, vegetables and a starch (potatoes, pasta or rice). In addition, you will receive **3 large frozen home-made soups** (each container should be enough for two to three lunches). Lastly, we will provide some home-made deserts.

Please see the reverse for a sample of types of meals we will be preparing





McLeese Lake Meals with Heart

Sample of Menu Choices

Note: All dishes will be made with no salt added. In addition, we can substitute out for gluten free pastas. All will be frozen in microwave safe containers for easy reheating or you can chose to transfer to an oven proof container and reheat in the oven.

MAIN COURSES POSSIBILITIES

- Chicken breast with rice and vegetables
- Lasagna
- Meatloaf with mashed potatoes and vegetables
- Turkey with stuffing and potatoes and gravy & vegetables
- Pork tenderloin with rice and vegetables
- Cabbage rolls
- Chicken vegetable pasta alfredo
- Spaghetti and meatballs
- Chicken broccoli and Cheese Casserole
- Shepherd's pie
- Salmon or cod fillets with rice and vegetables
- Salisbury steak with potatoes, gravy and vegetables
- Ham and scalloped potatoes and vegetables
- Chicken and Mac n Cheese and Vegetables

SOUP POSSIBILITIES—all made in low fat versions with no salt added broth

- Vegetable soup
- Minestrone
- Beef barley soup
- Chicken Noodle soup
- Chunky bean soup
- Borscht
- Broccoli Cheese soup

DESSERT POSSIBILITIES: All with STEVIA sugar substitutes

- Cookies, fresh fruit, cake, muffins, apple crisp, lemon sponge pudding, spice cake, bread pudding