

NWSDS FROZEN MEAL MENU

ORDER DATE: _____

NAME: _____

ARRIVAL DATE: _____

You may order _____ per week.

Menu # 1	Rst Turkey/Dressing/Gravy Whipped Sweet Potatoes Green Beans
Calories: 694	
Fat: 26%	Bread
Sodium: 871mg	2% Milk
Menu # 2	Spaghetti with Meat Sauce Steamed Spinach Applesauce
Calories: 802	
Fat: 40%	Bread
Sodium: 1417mg	2% Milk
Menu # 3	Macaroni & Cheese Mixed Vegetables Stewed Tomatoes
Calories: 802	
Fat: 32%	Bread
Sodium: 1293mg	2% Milk
Menu # 4	Baked Ham/ Pineapple Sauce Green Peas & Onions Whipped Sweet Potatoes
Calories: 645	
Fat: 23%	Bread
Sodium: 1336mg	2% Milk
Menu # 5	Orange Glazed Chicken Creamed Potatoes Broccoli & Cauliflower
Calories: 748	
Fat: 30%	Bread
Sodium: 845mg	2% Milk
Menu # 6	Breaded Baked Fish with Lemon Sauce over Rice Broccoli Cuts Spiced Apples
Calories: 729	
Fat: 28%	Bread
Sodium: 725mg	2% Milk

Menu # 7	Meatballs w/ Brown Gravy Creamed Potatoes Oregon Bean Medley
Calories: 849	
Fat: 39%	Bread
Sodium: 1048mg	2% Milk
Menu # 8	Beef Swiss Style Steak Creamed Potatoes & Peas Oregon Bean Medley
Calories: 788	
Fat: 40%	Bread
Sodium: 1115mg	2% Milk
Menu # 9	Chicken Chop Suey w/ Rice Green Beans Diced Spiced Peaches
Calories: 735	
Fat: 21%	Bread
Sodium: 1230mg	2% Milk
Menu # 10	Cheese & Green Chile Bake Broccoli & Cauliflower Blushing Applesauce
Calories: 775	
Fat: 45%	Bread
Sodium: 935mg	2% Milk
Menu # 11	Chicken a la King with Rice Green Peas Diced Spiced Peaches
Calories: 803	
Fat: 28%	Bread
Sodium: 999mg	2% Milk
Menu # 12	Cheese Enchiladas with Sauce Spanish Rice with Beans Mixed Vegetables
Calories: 780	
Fat: 32%	Bread
Sodium: 1325mg	2% Milk

Meals are prepared by Bateman Food and Nutrition. All menus meet 1/3 of the RDA and have been approved by a Dietitian. 2% milk is served with each meal. The suggested donation is \$2.75 per meal. Every donation is appreciated. Please make checks payable to NWSDS.