

## 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 Bread 2% Milk
Calories: 694	
Fat: 26%	
Sodium: 871mg	
Menu # 2	Spaghetti with Meat Sauce Steamed Spinach Mixed Vegetables Bread 2% Milk
Calories: 816	
Fat: 39%	
Sodium: 1572mg	
Menu # 3	Macaroni & Cheese Mixed Vegetables Stewed Tomatoes Bread 2% Milk
Calories: 802	
Fat: 32%	
Sodium: 1293mg	
Menu # 4	Baked Ham / Mustard Sauce Green Peas & Onions Whipped Sweet Potatoes Bread 2% Milk
Calories: 635	
Fat: 27%	
Sodium: 1449mg	
Menu # 5	BBQ Chicken Creamed Potatoes Broccoli & Cauliflower Bread 2% Milk
Calories: 711	
Fat: 21%	
Sodium: 935mg	
Menu # 6	Breaded Baked Fish with Spanish Sauce Green Peas & Onions Glazed Diced Carrots Bread 2% Milk
Calories: 695	
Fat: 26%	
Sodium: 976mg	

Menu # 7	Swedish Meatballs Creamed Potatoes Broccoli & Cauliflower Bread 2% Milk
Calories: 712	
Fat: 36%	
Sodium: 1073mg	
Menu # 8	Beef Patty w/Country Gravy Lyonnais Potatoes Mixed Vegetables Bread 2% Milk
Calories: 754	
Fat: 43%	
Sodium: 820mg	
Menu # 9	Sweet & Sour Chicken over Steamed Rice Spinach/Whole Kernel Corn Bread 2% Milk
Calories: 634	
Fat: 19%	
Sodium: 967mg	
Menu # 10	Vegetable a la King w/Rice Steamed Spinach Diced Carrots Bread 2% Milk
Calories: 719	
Fat: 26%	
Sodium: 1157mg	
Menu # 11	Arroz con Pollo (Chicken with Rice) Broccoli & Cauliflower Whole Kernel Corn Bread 2% Milk
Calories: 693	
Fat: 28%	
Sodium: 1128mg	
Menu # 12	Cheese Enchiladas w/Sauce Spanish Rice with Beans Mixed Vegetables Bread 2% Milk
Calories: 780	
Fat: 32%	
Sodium: 1325mg	

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.