

NWSDS FROZEN MEAL MENU

NAME: _____

ORDER DATE: _____

YOU MAY ORDER: _____ PER WEEK: _____

ARRIVAL DATE: _____

NO MILK: _____ NO BREAD: _____

Menu # 1	Roast Turkey Dressing and Gravy Whipped Sweet Potatoes Green Beans Whole Wheat Bread 1% Milk
Calories: 670	
Fat: 23%	
Sodium mg: 926	
Carbs: 84	
Menu # 2	Baked Beef Rigatoni Steamed Spinach Applesauce Whole Wheat Bread 1% Milk
Calories: 647	
Fat: 25%	
Sodium mg: 707	
Carbs: 90	
Menu # 3	Chicken Fajita Bowl Brown Rice/Black Beans Broccoli Spiced Peaches Whole Wheat Bread 1% Milk
Calories: 680	
Fat: 31%	
Sodium mg: 565	
Carbs: 88	
Menu # 4	Baked Ham w/Orange Glaze Green Peas & Onions Whipped Sweet Potatoes Whole Wheat Bread 1% Milk
Calories: 622	
Fat: 21%	
Sodium mg: 1313	
Carbs: 87	
Menu # 5	Southwest Chicken Breast Creamed Potatoes Mixed Vegetables Whole Wheat Bread 1% Milk
Calories: 608	
Fat: 26%	
Sodium mg: 710	
Carbs: 68	
Menu # 6	Breaded Baked Fish with Brown Rice Broccoli Cuts Spiced Apples Whole Wheat Bread 1% Milk
Calories: 622	
Fat: 18%	
Sodium mg: 454	
Carbs: 92	

Menu # 7	Meatballs w/Brown Gravy with Brown Rice Steamed Spinach Spiced Apples Whole Wheat Bread 1% Milk
Calories: 698	
Fat: 27%	
Sodium mg : 730	
Carbs: 97	
Menu # 8	Beef Patty w/Teriyaki Sauce Brown Rice Steamed Spinach Diced Spiced Peaches Whole Wheat Bread 1% Milk
Calories: 729	
Fat: 33%	
Sodium mg: 634	
Carbs: 85	
<u>Meatless Entrees</u>	
Menu # 9	Macaroni & Cheese Mixed Vegetables Stewed Tomatoes Whole Wheat Bread 1% Milk
Calories: 652	
Fat: 22%	
Sodium mg: 921	
Carbs: 90	
Menu # 10	Cheese Enchiladas w/Sauce Calico Corn w/Green Peppers Spiced Apples Whole Wheat Bread 1% Milk
Calories: 742	
Fat: 36%	
Sodium mg: 861	
Carbs: 97	
Menu # 11	Pasta Primavera Green Peas Applesauce Whole Wheat Bread 1% Milk
Calories: 678	
Fat: 23%	
Sodium mg: 722	
Carbs: 100	
Menu # 12	Egg & Cheese Omelet with Creole Sauce Steamed Spinach Chuckwagon Corn Whole Wheat Bread 1% Milk
Calories: 610	
Fat: 40%	
Sodium mg: 1058	
Carbs: 65	

The suggested donation is \$3.00 per meal, make your check payable to NWSDS Meals on Wheels.

All menus meet 1/3 of the DRI, have been approved by a Dietitian and are suitable for a diabetic.