

NWSDS FROZEN MEAL MENU

NAME: _____

ORDER DATE: _____

YOU MAY ORDER: _____ PER WEEK: _____

ARRIVAL DATE: _____

NO MILK: _____ NO BREAD: _____

Menu # 1	Roast Turkey Calories: 721 Fat: 22% Sodium mg: 996 Carbs: 93	Dressing and Gravy Whipped Sweet Potatoes Peas & Carrots Whole Wheat Bread 1% Milk
Menu # 2	Spaghetti w/Meat Sauce Calories: 646 Fat: 23% Sodium mg: 706 Carbs: 94	Steamed Spinach Applesauce Whole Wheat Bread 1% Milk
Menu # 3	Chicken Chop Suey/Br Rice Calories: 619 Fat: 22% Sodium mg: 968 Carbs: 90	Green Beans Diced Spiced Peaches Whole Wheat Bread 1% Milk
Menu # 4	Baked Ham w/Raisin Sc Calories: 619 Fat: 21% Sodium mg: 1262 Carbs: 87	Green Peas & Onions Whipped Sweet Potatoes Whole Wheat Bread 1% Milk
Menu # 5	Orange Glazed Chicken Calories: 743 Fat: 17% Sodium mg: 492 Carbs: 106	Brown Rice Spiced Apples Broccoli & Cauliflower Whole Wheat Bread 1% Milk
Menu # 6	Breaded Baked Fish Calories: 619 Fat: 23% Sodium mg: 498 Carbs: 84	with Brown Rice Broccoli Cuts Spiced Peaches Whole Wheat Bread 1% Milk

Menu # 7	Teriyaki Meatballs Calories: 621 Fat: 27% Sodium mg : 623 Carbs: 85	Creamed Potatoes Whole Kernel Corn Whole Wheat Bread 1% Milk
Menu # 8	Beef Swiss Style Steak Calories: 623 Fat: 35% Sodium mg: 784 Carbs: 67	Creamed Potatoes Oregon Bean Medley Whole Wheat Bread 1% Milk
<u>Meatless Entrees</u>		
Menu # 9	Macaroni & Cheese Calories: 652 Fat: 22% Sodium mg: 921 Carbs: 90	Mixed Vegetables Stewed Tomatoes Whole Wheat Bread 1% Milk
Menu # 10	Cheese Enchilada w/Sauce Calories: 799 Fat: 38% Sodium mg: 1150 Carbs: 98	Spanish Rice Whole Kernel Corn Applesauce Whole Wheat Bread 1% Milk
Menu # 11	Cheese Ravioli w/ Marinara SC Calories: 600 Fat: 24% Sodium mg: 644 Carbs: 95	Broccoli & Cauliflower Spiced Apples Whole Wheat Bread 1% Milk
Menu # 12	Egg & Cheese Omelet Calories: 640 Fat: 33% Sodium mg: 996 Carbs: 76	with Cheese Sauce Mixed Vegetables Spiced Apple Slices Whole Wheat Bread 1% Milk

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.