

NWSDS FROZEN MEAL MENU

NAME: _____

ORDER DATE: _____

YOU MAY ORDER: _____ PER WEEK: _____

ARRIVAL DATE: _____

NO MILK: _____ NO BREAD: _____

Menu # 1	Roast Turkey Calories: 670 Fat: 23% Sodium mg: 926 Carbs: 84	Dressing and Gravy Whipped Sweet Potatoes Green Beans Whole Wheat Bread 1% Milk
Menu # 2	Beef Spanish Rice Bake Calories: 622 Fat: 30% Sodium mg: 753 Carbs: 82	Broccoli & Cauliflower Spiced Peaches Whole Wheat Bread 1% Milk
Menu # 3	Sweet & Sour Chicken Calories: 642 Fat: 15% Sodium mg: 954 Carbs: 111	With Brown Rice Steamed Spinach Spiced Peaches Whole Wheat Bread 1% Milk
Menu # 4	Baked Ham w/Orange Glaze Calories: 690 Fat: 22% Sodium mg: 1381 Carbs: 100	Green Peas & Onions Whipped Sweet Potatoes Whole Wheat Bread 1% Milk
Menu # 5	BBQ Chicken Calories: 637 Fat: 22% Sodium mg: 656 Carbs: 86	Whipped Potatoes Broccoli & Cauliflower Whole Wheat Bread 1% Milk
Menu # 6	Breaded Baked Fish Calories: 634 Fat: 13% Sodium mg: 477 Carbs: 101	with Brown Rice Green Peas & Onions Spiced Apples Whole Wheat Bread 1% Milk

Menu # 7	Swedish Meatballs Calories: 666 Fat: 35% Sodium mg : 963 Carbs: 59	Whipped Potatoes Broccoli & Cauliflower Whole Wheat Bread 1% Milk
Menu # 8	Beef Patty w/Country Gravy Calories: 628 Fat: 34% Sodium mg: 564 Carbs: 59	Lyonnais Potatoes Broccoli 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 & Green Chile Bake Calories: 811 Fat: 32% Sodium mg: 881 Carbs: 106	Steamed Spinach Blushing Pears Whole Wheat Bread 1% Milk
Menu # 11	Vegetarian Chili Calories: 603 Fat: 18% Sodium mg: 1060 Carbs: 107	Chuckwagon Corn Applesauce Whole Wheat Bread 1% Milk
Menu # 12	Egg & Cheese Omelet Calories: 636 Fat: 32% Sodium mg: 979 Carbs: 78	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.