

NWSDS FROZEN MEAL MENU

ORDER DATE: _____

NAME: _____

ARRIVAL DATE: _____

You may order _____ per week.

Menu # 1	Roast Turkey
Calories: 780	Dressing and Gravy
Fat: 21%	Whipped Sweet Potatoes
Sodium mg: 1003	Peas and Carrots
Carbs: 103	Whole Wheat Bread
	1% Milk
Menu # 2	Spaghetti w/Meat Sauce
Calories: 670	Steamed Spinach
Fat: 29%	Applesauce
Sodium mg: 788	Whole Wheat Bread
Carbs: 87	1% Milk
Menu # 3	Chicken Chop Suey
Calories: 586	With Brown Rice
Fat: 19%	Green Beans
Sodium mg: 873	Diced Spiced Peaches
Carbs: 85	Whole Wheat Bread
	1% Milk
Menu # 4	Baked Ham w/Ginger Sauce
Calories: 622	Green Peas & Onions
Fat: 18%	Whipped Sweet Potatoes
Sodium mg: 1425	Whole Wheat Bread
Carbs: 88	1% Milk
Menu # 5	Orange Glazed Chicken
Calories: 724	Creamed Potatoes
Fat: 24%	Broccoli & Cauliflower
Sodium mg: 869	Whole Wheat Bread
Carbs: 94	1% Milk
Menu # 6	Breaded Baked Fish
Calories: 692	with Brown Rice
Fat: 23%	Broccoli Cuts
Sodium mg: 568	Spiced Apples
Carbs: 96	Whole Wheat Bread
	1% Milk

Menu # 7	Teriyaki Meatballs
Calories: 635	Creamed Potatoes
Fat: 29%	Oregon Bean Medley
Sodium mg: 595	Whole Wheat Bread
Carbs: 78	1% Milk
Menu # 8	Beef Swiss Style Steak
Calories: 722	Creamed Potatoes & Peas
Fat: 36%	Oregon Bean Medley
Sodium mg: 721	Whole Wheat Bread
Carbs: 73	1% Milk
<u>Meatless Entrees</u>	
Menu # 9	Macaroni & Cheese
Calories: 778	Mixed Vegetables
Fat: 27%	Stewed Tomatoes
Sodium mg: 960	Whole Wheat Bread
Carbs: 106	1% Milk
Menu # 10	Vegetable Romanoff
Calories: 698	Green Peas
Fat: 21%	Diced Spiced Peaches
Sodium mg: 977	Whole Wheat Bread
Carbs: 111	1% Milk
Menu # 11	Cheese Ravioli w/Marinara Sauce
Calories: 684	Mixed Vegetables
Fat: 20%	Spiced Apples
Sodium mg: 1034	Whole Wheat Bread
Carbs: 111	1% Milk
Menu # 12	Cheese & Green Chile Bake
Calories: 751	Broccoli and Cauliflower
Fat: 40%	Blushing Applesauce
Sodium mg: 845	Whole Wheat Bread
Carbs: 82	1% Milk

Meals are prepared by Bateman Community Living. All menus meet 1/3 of the DRI and have been approved by a Dietitian. Meals are suitable for a diabetic. **Federal funding does not cover the entire cost of the meal. The suggested donation is \$3.00 per meal.** Please make check payable to NWSDS.