

NWSDS FROZEN MEAL MENU

ORDER DATE: _____

NAME: _____

ARRIVAL DATE: _____

You may order _____ per week.

Menu # 1	Roast Turkey
Calories: 714	Dressing and Gravy
Fat: 19%	Whipped Sweet Potatoes
Sodium mg: 902	Green Beans
Carbs: 99	Whole Wheat Bread
	1% Milk

Menu # 2	Beef Spanish Rice
Calories: 639	Broccoli & Cauliflower
Fat: 33%	Diced Spiced Peaches
Sodium mg: 730	Whole Wheat Bread
Carbs: 79	1% Milk

Menu # 3	Sweet & Sour Chicken
Calories: 655	With Brown Rice
Fat: 16%	Steamed Spinach
Sodium mg: 993	Diced Spiced Peaches
Carbs: 104	Whole Wheat Bread
	1% Milk

Menu # 4	Baked Ham w/Raisin Sauce
Calories: 675	Green Peas & Onions
Fat: 18%	Whipped Sweet Potatoes
Sodium mg: 1351	Whole Wheat Bread
Carbs: 101	1% Milk

Menu # 5	BBQ Chicken
Calories: 686	Creamed Potatoes
Fat: 15%	Broccoli & Cauliflower
Sodium mg: 959	Whole Wheat Bread
Carbs: 97	1% Milk

Menu # 6	Breaded Baked Fish
Calories: 748	with Brown Rice
Fat: 20%	Green Peas & Onions
Sodium mg: 664	Spiced Apples
Carbs: 106	Whole Wheat Bread
	1% Milk

Menu # 7	Swedish Meatballs
Calories: 687	Creamed Potatoes
Fat: 30%	Broccoli & Cauliflower
Sodium mg: 1098	Whole Wheat Bread
Carbs: 85	1% Milk

Menu # 8	Beef Patty w/Country Gravy
Calories: 731	Lyonnise Potatoes
Fat: 38%	Mixed Vegetables
Sodium mg: 730	Whole Wheat Bread
Carbs: 76	1% Milk

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 Ala King w/Br Rice
Calories: 698	Steamed Spinach
Fat: 21%	Blushing Applesauce
Sodium mg: 977	Whole Wheat Bread
Carbs: 111	1% Milk

Menu # 11	Cheese Lasagna Rollup w/Sauce
Calories: 623	Chuckwagon Corn
Fat: 22%	Applesauce
Sodium mg: 969	Whole Wheat Bread
Carbs: 100	1% Milk

Menu # 12	Cheese Egg Omelet
Calories: 619	with Cheese Sauce
Fat: 44%	Mixed Vegetables
Sodium mg: 1038	Broccoli Cuts
Carbs: 61	Whole Wheat Bread
	1% Milk

Meals are prepared by Bateman Food and Nutrition. 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.