

**5 Pack Diet Menu for FROZEN HOME DELIVERED MEALS
Fall 2015**

	Monday	Tuesday	Wednesday	Thursday	Friday
Box # 1	Meatballs & Alfredo Shells Whole Kernel Corn Green Beans / Cornbread Muffin Margarine / Milk / Orange Juice 055	Zesty Orange Pork Green Peas & Carrots Whole Wheat Bread / Margarine Milk / Applesauce Cup 031	Beef Patty Strips with Brown Gravy Mixed Greens Seasoned Vegetables Cornbread Muffin / Margarine Milk / Raisins 038	Teriyaki Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread / Margarine Milk / Vanilla Goldfish Grahams Cranberry Juice 052	Salisbury Steak Whipped Potatoes Mixed Vegetables Whole Wheat Bread / Margarine Milk / Orange-Pineapple Juice Graham Crackers 047
Box # 2	Honey Lemon Chicken Brussels Sprouts Black Beans & Corn Whole Wheat Bread / Margarine Milk / Grape Juice 095	Breaded Veal Patty Mixed Greens / Sweet Potatoes Whole Wheat Bread / Margarine Milk / Star Crunch Cookie 098	Red Beans & Rice with Sausage Cabbage / Corn with Peppers Whole Wheat Bread / Margarine Milk / Orange Juice 020	Meatballs & Rice w/Gravy Peas & Carrots / Cauliflower Whole Wheat Bread / Margarine Milk / Fig Bar 100	Bruschetta Chicken Whipped Potatoes / Green Beans Whole Wheat Bread / Margarine Milk / Orange Pineapple Juice Apple Oatmeal Bar 039
Box # 3	Breaded Pork Brussels Sprouts / Whipped Potatoes Whole Wheat Bread / Margarine Milk / Apple Juice 010	BBQ Chicken Sweet Potatoes / Broccoli Cornbread Muffin / Margarine Milk / Honey Goldfish Grahams 053	Veal Parmesan Carrots & Green Pea Blend Whole Wheat Bread / Margarine Milk / Lemon Creme Cookies 056	Chicken & Waffle Seasoned Vegetables / Cabbage Whole Wheat Bread / Margarine Milk / Orange Pineapple Juice 014	Beef Strips & Orange Rice Corn with Peppers / Broccoli Whole Wheat Bread / Margarine Milk / Pineapple Cup 027
Box # 4	Chicken & Alfredo Penne Carrots / Whole Kernel Corn Bran Muffin / Margarine Milk / Orange Juice 094	Homestyle Meatloaf with Whipped Potatoes Winter Vegetables Whole Wheat Bread / Margarine Milk / Strawberry Applesauce Vanilla Creme Cookies 023	Grilled Pork & Brown Gravy Mixed Greens / Sweet Potatoes Cornbread Muffin / Margarine Milk / Cranberry Juice 041	Beef Patty over Chipotle Cheesy Rice Broccoli Whole Kernel Corn Whole Wheat Bread / Margarine Milk / Pineapple Juice 082	Mushroom Swiss Chicken Cinnamon Apples Peas & Carrots Whole Wheat Bread / Margarine Milk / Chocolate Creme Cookies 019
Box # 5	Beef Patty & Onion Gravy Whipped Potatoes / Broccoli Whole Wheat Bread / Margarine Milk / Orange Juice Star Crunch Cookie 088	Chicken & Tomato Penne Green Beans / Corn with Peppers Bran Muffin / Margarine Milk / Pineapple Juice 029	Breaded Pollock Carrots & Green Pea Blend Cornbread Muffin / Margarine Milk / Grape Juice 044	Taco Soup Cauliflower / Sweet Potatoes Whole Wheat Bread / Margarine Milk / Cranberry Juice Lemon Creme Cookies 037	Sausage & Beans Cabbage / Winter Vegetables Whole Wheat Bread / Margarine Milk / Apple Juice 48

Case dimensions: 14"x9.125"x6.5"/0.48ft3

Nutritional information available call our Project Office (918)835-4160

**Each box is numbered. Menu's are approved by a dietician for the ultimate amount of nutrition possible over a 5 day plan.
Items in each box cannot be exchanged for items in other boxes.**