

# Meals on Wheels Frozen Entrees

360-425-3430 ext. 259

R - REGULAR  
 LF - LOWFAT  
 LS-LOW SODIUM  
 D- DIABETIC

Your Name \_\_\_\_\_

Qty.			
	LF	#1	CHICKEN ENCHILADA, w/enchilada sauce, rice & black beans
	LS/D	#3	SLOPPY JOE, potatoes & vegetables
	LS	#4	MACARONI & CHEESE, green beans
	LS	#5	PIZZA WRAP, potatoes & carrots
	LF	#6	CHICKEN ALFREDO, peas
	LF	#7	TERIYAKI CHICKEN, w/rice & vegetables
	D	#13	BRAISED BEEF STRIPS, potatoes, peas & carrots
	LS/D	#19	TEXAS CHILI, potatoes & vegetables
	D	#20	MEAT LOAF PATTY, potatoes, gravy, & green beans
	LF/D	#26	TUNA CASSEROLE, w/rotini & vegetables
	R	#35	BREAKFAST BURRITO, w/ranchero sauce & sweet rice
	LS	#40	COUNTRY GRAVY & BISCUIT, w/obrien potatoes
	LS/D	#56	LASAGNA, w/green beans
	LF	#57	CHICKEN PATTY & RICE, bbq sauce & beans
	LS/D	#64	RANCHERO CHICKEN, rice & green beans
	LF/LS	#66	BEEF STEW, rice & peas
	D	#67	SPAGHETTI W/MEAT SAUCE, green beans
	D	#68	SALISBURY STEAK, gravy, potatoes & vegetables
	D	#72	CHICKEN FRIED STEAK, potatoes, gravy & vegetables
	LF/LS/D	#77	FISH BURGER MEAL, rice & peas
	LF/D	#86	CHICKEN CASSEROLE, w/vegetables
	LF/LS	#88	BEAN & CHEESE BURRITO, w/rice & corn

*Donations are appreciated. \$3.00 per meal is suggested.*