



Meal and Nutrition Services for All

Name: _____ Acct#: _____ ROUTE: _____

Add: _____ Delivery Day: _____

Phone: _____

3-Compartment Frozen Meals

Do not miss out on these great meal deals! 3-Compartment frozen meals are only \$3.25 each. Order now and as often as you would like; the minimum is 5 meals for home delivery. Call us at 330-376-7717 or 1-800-852-6325 to receive these meals delivered to your doorstep throughout our service area in Northeast Ohio. We accept personal checks; EBT cards; and VISA, MasterCard, & Discover Debit and Credit cards. **Please note that all orders must be prepaid.**

Meal Selections

- _____ 5040: Roasted Chicken with Red Skin Potatoes served with Sugar Snap Peas and Carrots
- _____ 5041: Mesquite Chicken w/ BBQ sauce over Black Beans and Rice served w/ Carrots and Green Beans
- _____ 5043: Spaghetti & Meatballs served with Broccoli and Black Bean Blend
- _____ 5044: Salisbury Steak with Gravy over Roasted Red Skin Potatoes served with Peas & Carrots and Cauliflower
- _____ 5045: Breaded Baked Fish over Garden Medley Pasta served w/ Brussels Sprouts and Yellow Squash
- _____ 5046: Country Herb Chicken with Cheesy Mashed Potatoes served w/ Green Beans and Carrots
- _____ 5047: Chicken Parmesan over Fettuccini Noodles w/ cheese served w/ Zucchini and Yellow Squash
- _____ 5048: Meatloaf with Tangy Tomato Sauce and Mashed Potatoes served with Corn and Brussels Sprouts
- _____ 5049: Charbroiled Beef Patty w/ Mashed Potatoes served w/ Black Bean & Tomato Sauce and Peas & Carrots
- _____ 5052: Macaroni & Cheese served with Broccoli and a Lima Bean Blend
- _____ 5053: Turkey & Dressing with Gravy served with Green Beans and Corn
- _____ 5054: Chicken Teriyaki over Rice & Vegetable Blend served with Sugar Snap Peas and Squash
- _____ 5062: Swedish Meatballs over Pasta served with Broccoli and Black Bean Blend
- _____ 5066: Chicken & Rice w/ Mushroom Sauce served with Broccoli and Carrots
- _____ 5076: Sweet and Sour Chicken over Rice with Vegetables & Pineapple served with Sugar Snap Peas and Carrots
- _____ 5078: Cheese Tortellini Pomodoro in Italian-Style Tomato Sauce served with Brussels Sprouts and Carrots
- _____ 5086: Chicken Ala King w/ Vegetables over Bowtie Pasta served w/ Cheesy Cauliflower and Spinach & Chickpeas
- _____ 5091: Linguine w/ Meat Sauce served w/ Crinkle Cut Carrots and Lima Bean Blend
- _____ 5096: Macaroni with Meat Sauce served with California Blend Vegetables and Green Peas
- _____ 5098: Home Style Lasagna served with Italian Green Beans and a medley of Chickpeas & Spinach
- _____ 6017: Creamed Chipped Beef w/ Biscuit and Seasoned Diced Potatoes
- _____ 6024: Cheddar Cheese Omelet w/ Seasoned Potatoes and Applesauce
- _____ 6025: Buttermilk Pancakes with Pork Sausage Patty, Seasoned Potatoes, and Applesauce