



Meal and Nutrition Services for All

Frozen Complete Meals



Our convenient frozen meals can be stored and heated up as needed; they're a great option for clients who need meal services but can't be home every day for hot meal delivery. Frozen complete meals are available throughout our service area.

- Menus are created by a registered dietician and rotate seasonally
- Meets one third of your daily nutrition requirements
- Diabetic friendly and no salt added
- Can be heated in a microwave or oven; heating instructions are included
- Meals available in packs of 5 or 2; meal packs delivered on a 5 week rotation
- Meals include an entrée, a starch, and two vegetable sides plus bread and milk
- Includes occasional juice and desserts
- No pork or no fish restrictions available on request
- Breakfast meals available

Available for pickup or free, convenient home delivery