



Cardiac / Diabetic Therapeutic Meals

Site	Senior's	
Phone	Name	
Received	Delivery	
Date	Day:	Week
# of	Delivery	
Meals	Date:	Route

NOTE: ALL Therapeutic meals require a doctor's order.

Please send in your orders 1 week before you need delivery

Each Meal includes 1 Half Pint of 1% Milk

Beef & Noodles w/ Gravy, Green Beans, Carrots, and Applesauce - NEW		Chicken Tikka Masala (spicy) w/ Brown Rice, Broccoli and Carrots - NEW		c.f. Omelet w/Cheddar Cheese, Red Skin Potatoes, Apple Slices, and Banana Muffin	
Beef & Rice Stuffed Cabbage Roll w/ no salt added Marinara, Peas & Onions, Squash, Pears, and Teddy Grahams		Crunchy Cod w/Panko Bread Crumbs, Egg Noodles, Green Beans, Squash, and Pineapple		Pork Loin, Brown Rice, Mixed Vegetables, and Fruit Cocktail	
Cheese Lasagna w/ no salt added Marinara, Italian Vegetables, Squash, and Applesauce - NEW		Grilled Chicken Breast, Green Beans, Yellow Squash, Peaches, and Cinnamon Teddy Grahams - NEW		Rotini Pasta & Meatloaf, Brussel Sprouts, Squash, and Cranberry Juice Cocktail	
Cheese Pizza on Whole Grain Crust, Peas & Onions, Carrot Coins, and Peaches		Homestyle Meatloaf, Sweet Potato Patty, Oregon Blend Vegetables, Fruit Cocktail, and sugar free Cookie		Spaghetti & Meatballs, no salt added Marinara Sauce, Green Beans, and Fresh Orange	
Chicken & Rice w/Gravy, Carrots, Broccoli, and Pears		Italian Chicken w/ Marinara over Spaghetti, with Italian Vegetables, Peas, and Peaches		Turkey Burger (charbroiled), Carrot Coins, and Peas, Applesauce, and White Bread - NEW	
				NO MILK per client request	