



Deupree Meals On Wheels

CARDIAC / DIABETIC THERAPEUTIC MEALS

**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

