## EASY MEAL ORDER FORM

| Price is for your pick-up at our location, add \$4 per meal for home delivery. | Price <br> each | Quantity <br> you want | Subtotal |
| :---: | :--- | :--- | :--- |
| Creamy Chicken \& Wild Rice Gluten free Low Sodium <br> Roasted Chicken Breast, Wild Rice \& Vegetables in a Garlic Cream Sauce <br> served with Broccoli, Yellow Carrots, Green Beans and Red Peppers | \$3.50 |  |  |


| Honey Mustard Chicken Gluten free Low Sodium Sliced Roasted Chicken Breast in Honey Mustard Sauce served with Herb Roasted Potatoes and Baby Peas | \$ 3.50 |  |
| :---: | :---: | :---: |
| Chicken Marsala <br> Sliced Chicken Breast in Marsala Sauce Served with Penne Pasta and Zucchini \& Carrots | \$ 3.50 |  |
| Chicken Picatta Low sodium Sliced Roasted Chicken in a Classic Lemon Caper Sauce served with Rice Pilaf, Broccoli, Yellow Carrots, Green Beans and Red Peppers | \$ 3.50 |  |
| Pineapple Chicken <br> Seasoned Sliced Chicken Breast in Pineapple Sauce served with White Rice and Broccoli | \$ 3.50 |  |
| Chicken \& Scalloped Potatoes <br> Seasoned Sliced Chicken Breast and Sliced Potatoes in Cheese Sauce with Peppers, Onions \& Turkey Bacon | \$ 3.50 |  |
| Chicken with Red Wine \& Herb Sauce <br> Sliced Roasted Chicken Breast with Red Wine \& Herb Sauce served with Lyonnaise Potatoes and Sliced Zucchini | \$ 3.50 |  |
| Chicken Florentine <br> Gluten free <br> Sliced Roasted Chicken Breast in a Creamy Florentine Sauce served with Orange Scented Rice and Long Beans \& Baby Carrots | \$ 3.50 |  |
| Chicken Pot Pie <br> Chicken Breast in Creamy Chicken Gravy with Vegetables and Pastry Crust | \$ 3.50 |  |
| Orange Glazed Chicken <br> Gluten Free Low sodim <br> Seasoned Sliced Chicken Breast with Orange Sauce served with Fried Rice and Peas \& Baby Carrots | \$ 3.50 |  |
| Chicken with Port Jus Sauce Sliced Chicken Breast with Port Jus Sauce served with Honey glazed Sweet Potatoes | \$ 3.50 |  |


|  | Price each | Quantity You want | Subtotal |
| :---: | :---: | :---: | :---: |
| Turkey \& Rice with Cheese Sauce <br> Seasoned Ground Turkey with Rice, Corn and Black Beans with Creamy Cheese Sauce | \$ 3.50 |  |  |
| Sliced Turkey with Herbed Gravy <br> Sliced Turkey Breast with Herbed Gravy served with Cranberry \& Cornbread Stuffing, Mashed Potatoes and Peas \& Carrots | \$ 3.50 |  |  |
| Sweet \& Sour Meatballs <br> Chicken \& Beef Meatballs in Sweet \& Sour Sauce served with Sesame Vegetable Fried Rice and Stir Fry Vegetables |  |  |  |
| Meatloaf with Mushroom Sauce <br> Low sodium <br> Sliced Meatloaf covered in Mushroom Beef Gravy served with Mashed Potatoes and Corn Pepper \& Onion Blend | \$ 3.50 |  |  |
| Beef Goulash <br> Low sodium <br> Ground Beef, Pasta, Peppers and Onions <br> in Seasoned Tomato Sauce served with Sliced Zucchini | \$ 3.50 |  |  |
| Shepherd's Pie Gluten free Low sodium Ground Beef in Herbed Gravy with Cream Style Corn Covered in Mashed Potatoes and served with Broccoli | \$ 3.50 |  |  |
| Beef \& Cabbage Rolls <br> Gluten free <br> Beef and Cabbage Rolls served with Diced Red Skin Potatoes and Diced Carrots | \$ 3.50 |  |  |
| Salisbury Steak with Onion Gravy <br> Salisbury Steak in Savory Onion Gravy <br> served with Spinach Mashed Potatoes, Green Beans and Baby Carrots | \$ 3.50 |  |  |
| Meatballs with Stout \& Mustard Thyme Sauce <br> Chicken \& Beef Meatballs with Stout <br> \& Mustard Thyme Sauce with Egg Noodles | \$ 3.50 |  |  |
| Spaghetti with Italian Turkey Sausage Low sodium Spaghetti Pasta topped with Italian Style Turkey Sausage Crumble , Marinara Sauce and Mozzarella Cheese served with Sliced Zucchini | \$ 3.50 |  |  |
|  |  |  |  |


| Cheese \& Beef Macaroni <br> Low sodium <br> Ground Beef \& Pasta in a Creamy Cheese Sauce served with Green Beans | each you want |  |  |
| :---: | :---: | :---: | :---: |
|  | \$ 3.50 |  |  |
| Garden Vegetable Cheese Ravioli <br> Cheese Ravioli in a Garden Vegetable Marinara Sauce served with Broccoli | \$ 3.50 |  |  |
| Pasta Primavera <br> Penne Pasta with Roasted Vegetables in Alfredo Sauce served with Green Beans | \$ 3.50 |  |  |
| Vegetable Lasagna Low sodium <br> A Cheese Lasagna Roll topped with Alfredo Sauce, Roasted Vegetables and served with Broccoli, Yellow Carrots, Green Beans \& Red Peppers | \$ 3.50 |  |  |
| Shells \& Cheese <br> Gluten free <br> Pasta Shells in Creamy Cheese Sauce with Toasted Bread Crumbs and Parmesan served with Peas | \$ 3.50 |  |  |
| Fish Newburg <br> Gluten free <br> Baked Tilapia in Newburg Sauce <br> served with Red Skin Mashed Potatoes and Peas \& Carrots | \$ 3.50 |  |  |
| Baked Tilapia Fish with Florentine Stuffing <br> Baked White Fish with Mornay Sauce <br> served with Florentine Stuffing \& Long Green Beans | \$ 3.50 |  |  |
| Total Cost for Order |  |  |  |

## Your Name:

Telephone Number:

## Physical Address:

Mailing Address if different:

