



**VON LUNENBURG SITE**  
**FROZEN FAVORITES ORDER FORM**

TOTAL # MEALS: _____
TOTAL \$ AMT: _____
PAID: _____

Date of order: \_\_\_\_\_ Delivery Date: \_\_\_\_\_ NEW:   
Name: \_\_\_\_\_ Phone: \_\_\_\_\_ REFERRED BY: \_\_\_\_\_  
Address: \_\_\_\_\_ Community: \_\_\_\_\_

**ENTRÉE SELECTIONS**

- \_\_\_\_\_ **Fish Florentine** - *A mild white fish with cheddar cheese sauce with whole dill potatoes, spinach & carrots*
- \_\_\_\_\_ **Turkey with Stuffing** - *Sliced turkey with apple bread stuffing, peas & mashed potatoes*
- \_\_\_\_\_ **Salmon in Lemon Sauce** - *Rice, peas, carrots & turnip are served with this wonderful salmon dish*
- \_\_\_\_\_ **Pot Roast** - *Flavorful & tender beef with potatoes, carrots, green & yellow beans*
- \_\_\_\_\_ **Sweet & Sour Chicken** - *Diced chicken braised in a sweet & sour sauce served with rice*
- \_\_\_\_\_ **Breaded Chicken** - *Breaded chicken breast with mushroom & bacon flavors on a bed of rice with green & yellow beans & carrots*
- \_\_\_\_\_ **Beef Stew** - *Traditional beef stew served with diced squash & mashed potatoes*
- \_\_\_\_\_ **Shepherd's Pie** - *Seasoned ground beef & gravy with whipped mashed potatoes, peas & diced carrots on the side*
- \_\_\_\_\_ **Beef Stroganoff** - *Tender pieces of beef in a rich sauce on a bed of egg noodles with peas*
- \_\_\_\_\_ **Home Style Meatloaf** - *Meatloaf served with mushroom wine sauce, mashed potato, green beans & carrots*
- \_\_\_\_\_ **Macaroni Meat & Cheese** - *Cheese topped tomato sauce casserole with carrots, green & yellow beans*
- \_\_\_\_\_ **Swiss Steak** - *Beef, gravy with onions & celery, potatoes & squash*
- \_\_\_\_\_ **Chicken Pot Pie** - *Chicken pieces & vegetables in cream sauce, pastry top, green beans & carrots*
- \_\_\_\_\_ **Baked Ham** - *Ham in pineapple sauce, cheese topped mashed potato & carrots*
- \_\_\_\_\_ **Country Style Chicken** - *Chicken thighs, mashed potato & carrots*
- \_\_\_\_\_ **Fish & Chips** - *Fish & chips with mixed carrots, peas, green beans & corn*

**\$7.00 each**

**To order: Contact VON Lunenburg Site: 624-8031 (phone) 624-0319 (fax)**



## FROZEN FAVORITES MENU

(Suitable for microwave and conventional oven) \*Data subject to change\*

ENTRÉE (Per Serving)	CALORIES	FAT (g)	PROTEIN (g)	SUGAR (g)	SODIUM (mg)	DIET SYMBOLS *
Fish Florentine	270	8	25	7	440	LF, LC, LS, SF
Turkey With Stuffing	280	5	20	4	760	LF, LC, SF
Salmon In Lemon Sauce	290	9	22	2	520	LC, SF
Pot Roast	250	7	19	4	500	LF, LC, GF, SF
Sweet & Sour Chicken	290	3	20	16	700	LF, LC
Breaded Chicken	390	12	22	8	900	LC, SF
Beef Stew	410	15	29	4	510	LC, LS, SF
Shepherd's Pie	320	10	17	2	520	LF, LC, LS, SF
Beef Stroganoff	420	15	27	6	410	LS, SF
Home Style Meatloaf	360	15	21	7	480	LC, LS, SF
Macaroni Meat & Cheese	460	17	24	7	680	SF
Swiss Steak	350	13	24	5	470	LC, LS
Chicken Pot Pie	320	16	19	11	620	LC, SF
Baked Ham	290	4	12	28	1190	LF, LC, SF
Country Style Chicken	230	4	19	5	550	LF, LC, SF
Fish & Chips	340	12	14	4	670	SF

DIET SYMBOLS * information from Apetito Nutridata		
R	Regular	You can choose freely from all the items on this menu unless you have to follow one of the diets below
D	Suitable For A Diabetic Diet	Try these, along with your dietitian's recommendations
GF	Gluten-Free	These meals do not contain any gluten proteins or wheat
LC	Low Calorie	These meals contain 120 calories or less per 100g
LF	Low Fat	These meals contain 3g or less of fat per 100g
V	Vegetarian	These meals contain no meat, however may contain dairy such as milk, cheese and eggs
SF	Source of Fibre	These meals contain a source of fibre

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