

# LSS Meals to Go—Menu & Order Form



**MORE THAN A MEAL** With LSS Meals to Go, you can enjoy delicious, homestyle meals without all the work. Our meals are designed by a registered dietitian to provide variety, balanced nutrition, and to meet dietary needs.

Date \_\_\_\_\_

First name \_\_\_\_\_ Last name \_\_\_\_\_

Address \_\_\_\_\_

City, state & zip code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**For office use only.**

Date emailed \_\_\_\_\_

Date received \_\_\_\_\_

Date shipped \_\_\_\_\_

Please select a total of **14** delicious and nutritious homestyle meals for your shipment. You can choose an assortment of different meals or request several of the same. Meals include side dishes, bread and butter (subject to change).

I would like the Sample Pack, an assortment of 14 meals.

Qty.	BREAKFAST	Carbohydrates (grams)			
	Biscuits & Gravy served with broccoli and tropical fruit.	66 g			
	Blueberry Pancake served with egg patty and pears.	41 g	↓S	V	D
	Breakfast Muffin: Egg & Cheese served with roasted potatoes and spiced peaches.	62 g		V	
	Breakfast Muffin: Turkey Sausage, Egg & Cheese with diced potatoes and peaches.	59 g			
	Cheese Omelet & Potatoes served with turkey sausage and roasted potatoes.	23 g			D
	Cheese Omelet & Waffles served with turkey sausage, two waffle sticks and syrup.	64 g			
	Cranberry Almond Oatmeal served with cheese omelet, turkey sausage and peaches.	57 g			
	Egg & Sausage Bake served with applesauce and a blueberry pancake.	27 g			D
	<b>BEEF</b>				
	Beef & Bean Chili served with biscuit and peaches.	72 g			
	Beef Quesadilla served with rice pilaf and broccoli.	38 g			D
	Beef Stroganoff Over Egg Noodles with carrots and green peas.	60 g	↓S		
	Hearty Beef Stew with Root Vegetables served with green peas and peaches.	34 g	↓S		D
	Hearty Lasagna served with California blend vegetables and pears.	53 g			
	Homestyle Meatloaf served with rosemary potatoes and whole kernel corn.	43 g	↓S		D
	Pepper Steak served with scalloped potatoes and carrots.	38 g			D
	Rigatoni with Beef served with steamed green beans and cinnamon apples.	44 g	↓S		D
	Roast Beef served with mashed potatoes and country blend vegetables.	41 g	↓S		D
	Salisbury Steak with Hunter's Gravy served with mashed potatoes and carrots.	30 g			D
	Spaghetti with Marinara Meat Sauce served with cauliflower and spiced peaches.	70 g	↓S		
	Swedish Meatballs with gravy, paprika potatoes and country mixed vegetables.	37 g	↓S		D
	Tater Tot Hotdish served with corn and raspberry peaches.	48 g	↓S		

↓S Reduced sodium meals are 600 mg of sodium or less. V Vegetarian meals. D Diabetic friendly meals are 45 g of carbs or less.

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Please note that side items are subject to change.

Qty.	CHICKEN & TURKEY	Carbohydrates (grams)			
	Asian Chicken Over Rice served with winter blend vegetables and tropical fruit.	60 g	↓S		
	Baked Chicken (Dark Meat)* served with mashed potatoes, gravy and green beans.	23 g	↓S		D
	Baked Chicken (White Meat)* served with mashed potatoes, gravy and green beans.	23 g	↓S		D
	BBQ Chicken served with diced red potatoes and parsleyed carrots.	52 g			
	Chicken & Gravy served with baked sweet potatoes and spinach.	34 g			D
	Chicken Alfredo served with a breadstick and mandarin oranges.	98 g			
	Chicken Arroz Con Pollo served with white rice and peas.	30 g	↓S		D
	Chicken Chow Mein over Rice with oriental blend vegetables and pineapple.	70 g			
	Chicken Enchilada Casserole served with refried beans, peas and carrots.	52 g			
	Chicken Pollo Verde served with Mexican corn and refried beans.	18 g	↓S		D
	Chicken Pozole Soup served with white rice and green beans.	44 g			D
	Creamy Chicken Lasagna served with green beans and carrots.	45 g			D
	Honey Glazed Chicken over Rice served with country blend vegetables and pineapple.	60 g	↓S		
	Lemon Pepper Chicken served with broccoli and mashed potatoes.	29 g	↓S		D
	Oven Crispy Chicken (Dark Meat)* served with scalloped potatoes and carrots.	43 g	↓S		D
	Oven Crispy Chicken (White Meat)* served with scalloped potatoes and carrots.	43 g			D
	Oven Roasted Turkey served with mashed potatoes, poultry gravy and green beans.	24 g			D
	Pollo Guisada Stew served with rice pilaf and black beans.	43 g			D
<b>FISH</b>					
	Fish Sandwich served with rosemary potatoes and five-way vegetables.	80 g			
	Oven Fried Fish served with rosemary potatoes and California blend vegetables.	35 g			D
	Parmesan Baked Fish served with rosemary potatoes and mixed vegetables.	35 g	↓S		D
<b>PORK</b>					
	BBQ Pulled Pork Sandwich served with sweet potatoes and winter blend vegetables.	84 g			
	Pork Carnitas served with pinto beans and white rice.	28 g	↓S		D
	Roasted Pork Loin in Gravy served with rosemary potatoes and carrots.	27 g			D
<b>VEGETARIAN</b> (see BREAKFAST for more)					
	Broccoli Alfredo served with with a breadstick and mandarin oranges.	98 g			V
	Cheese Pizza served with winter blend vegetables and pineapple.	60 g			V
	Cheese Ravioli Casserole served with broccoli and mandarin oranges.	74 g			V
	Macaroni & Cheese served with diced pears, peas and carrots.	68 g	↓S		V
	Mushroom Risotto served with diced peaches and green beans.	43 g			V D
	Red Beans & Rice served with Cajun rice and pineapple tidbits.	73 g	↓S		V

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\* Chicken that is safely cooked can vary in color from white to pink to tan. Pink-colored chicken is not raw or undercooked when it has been cooked to the proper temperature of 165 °F. All of our chicken has been cooked to 165 °F.

## PAYMENT

Please call us toll-free at **877.287.0768 (Voice/TTY: 800.657.3775)** or email **meals@lssmn.org** to make a payment or if you have any questions.