

**ELLEN'S HEALTH FOOD LTD.  
FROZEN MEAL PROGRAM  
FULL DIET**

**SECTION 1 - ENTREES**

<u>Code no.</u>	<b>Beef</b>
B1	Beef Stew
B2	Beef Stroganoff
B3	Breaded Veal Cutlet
B4	Hungarian Goulash
B5	Liver with Onions
B6	Penne Beef Casserole
B7	Salisbury Steak
B8	Shepherd's Pie
B9	Steak & Kidney Pie
B10	Swiss Steak with Tomato
B11	Traditional Pot Roast
B12a	Meat Loaf
	<b>Chicken</b>
C1	Chicken a la King
C2	Chicken Breast Supreme
C3	Chicken Cacciatore
C4	Creamy Dijon Chicken
C5	Chicken Pot Pie
C6	Turkey with Stuffing
	<b>Fish</b>
F1	Baked Fish with Cheese Sauce
F2	Creole Fish Fillet
F3	Fish & Chips
F4a	Baked Fish Florentine
	<b>Pasta</b>
Pa1	Lasagna (Meat)
Pa2	Macaroni & Cheese
Pa3	Chicken Bolognese with Spaghetti
	<b>Pork</b>
P1	Baked Ham / Raisin Sauce *
P2	Creamy Herbed Pork Chop
P3	Roast Pork with Stuffing
P4a	Hawaiian Pork
	<b>Oriental</b>
O1	Lemon Chicken
O2	Sweet & Sour Chicken *
O3	Sweet & Sour Pork *
O4	Teriyaki Chicken *
O5	Stir Fried Beef with Onions
	<b>South Asian</b>
SA1a	Chicken with Chana Dal
SA2	Chickpeas & Potatoes
SA3	Curried Chickpeas
SA4	Spicy Chickpeas & Spinach
SA5a	Masala Fish with Potatoes
SA6a	Chicken Makhni

\* Not suitable for Diabetics

**SECTION 1 - ENTREES**

<u>Code no.</u>	<b>Vegetarian</b>
V1	Vegetarian Lasagna
V2	Vegetarian Chilli
V3	Pasta Primavera
V4	Vegetarian Stew
V5	Chickpea Stew
V6	Gingered Mixed Beans
V7	Tofu in Black Bean Sauce
V8a	Vegetarian Shepherd's Pie

**SECTION 2 - SOUPS & DESSERTS**

<u>Code no.</u>	<b>Soups</b>
S1	Cream of Celery
S2	Cream of Mushroom
S3	Cream of Potato
S4	Tomato Rice
S5	Split Pea
S6	Lentil
S7	Navy Bean
S8	Beef & Barley
S9	Home Style Vegetable
S10	Minestrone
S11	Chicken Noodle
S12	Borscht
	<b>Regular Desserts</b>
RD1	Banana Cake
RD2	Brownies
RD3	Butter Tart
RD4	Carrot Cake
RD5	Chocolate Pudding
RD6	Date Square
RD7	Peach Cobbler
RD8	English Trifle
RD9	Rice Pudding
RD10	Strawberry Shortcake
RD11	Vanilla Pudding
RD12	Chocolate Cake
RD13	Chocolate Cappuccino Cake
RD14	Mango Mousse Cake
RD15	Lemon Tart
RD16	Vanilla Caramel Swirl Cake
RD17	Orange Cake
	<b>Diabetic Desserts</b>
DD1	Peach Crisp
DD2	Spiced Apple Pudding
DD3	Fruit Ambrosia
DD4	Rice Pudding
DD5	Pineapple Delight

All items are prepared with minimum amount of salt.