

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. Each menu item is thoughtfully crafted by a licensed dietitian and cooked with simple, fresh ingredients. Meals are carefully portioned with a balance of proteins, carbohydrates and spices that can meet your dietary needs and taste great.

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, butter and dessert (subject to change).

I would like LSS Meals to choose an assortment of 14 meals.

BREAKFAST	Carbohydrates (grams)				Qty.
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	
BEEF					
Beef & Bean Chili served with biscuit and peaches.	72 g				
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			
Teriyaki Beef served with rice, oriental vegetables and mandarin oranges.	68 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.

CHICKEN & TURKEY	Carbohydrates (grams)			Qty.
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	
Chicken Alfredo served with a breadstick and mandarin oranges.	98 g			
Chicken Chow Mein over Rice with oriental blend vegetables and pineapple.	70 g			
Chicken with Cranberry Sauce served with rice and seasoned peas.	72 g	↓S		
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		
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	↓S	D	
Oven Roasted Turkey served with mashed potatoes, poultry gravy and green beans.	24 g		D	
FISH				
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	
Salmon Loaf served with mashed potatoes and peas.	51 g			
PORK				
BBQ Pulled Pork Sandwich served with sweet potatoes and winter blend vegetables.	84 g			
Roasted Pork Loin in Gravy served with rosemary potatoes and carrots.	27 g		D	
VEGETARIAN (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	

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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 TYPE

I will purchase my meals (price is \$136.50 for 14 meals, and includes shipping).

Check # _____ Credit Card (make a payment by calling **800.488.4146**).

Alternative Care (AC) Waiver Program

Date of birth _____ / _____ / _____

Case manager _____

Case manager phone number _____

Elderly Waiver (EW) Program

Date of birth _____ / _____ / _____

Case manager _____

Case manager phone number _____

Healthcare Plan LSS Healthy Transitions Benefit

Completed forms can be returned by:

Email: meals@lssmn.org

Fax: 877.565.3171

Mail: LSS Meals

3101 South Frontage Road, Suite 100

Moorhead, MN 56560

In-Person: submit to your LSS community health worker.

You can expect your meals to arrive within 3 to 4 business days after your payment is received.

Questions:

Call us toll-free at **800.488.4146**, Monday through Friday, 8 a.m.-4:30 p.m.