

These are the meals that will be offered between **February-May**. Please put a checkmark **ONLY** on the frozen meals you would like to receive during these months. Please select as many as possible to receive a variety of meals each delivery.

Baked Fish w/ Herb Sauce
Baked French Toast
Baked Ham w/ Mustard Apple Glaze (GF)
BBQ Chicken (GFDF)
Beef Chili (GF)
Beef Lasagna
Beef Quesadilla
Breakfast Sandwich
Butternut Squash Soup (GFDF)
Cheeseburger
Cheesy Chicken & Rice Casserole
Chicken Posole Soup (<i>Chicken and Hominy Soup</i>) (GFDF)
Chicken Tinga (<i>Shredded Chicken in Spicy Tomato Sauce</i>) (GFDF)
Chickpea Tikka Masala (<i>Indian-Spiced Chickpeas in Creamy Sauce</i>) (GFDF)
Chimichurri Pork (<i>Grilled Pork with Garlic Herb Sauce</i>) (GFDF)
Fish Taco Bowl (GFDF)
Ginger Soy Fish (GFDF)
Greek Chicken Pasta
Hmong Sweet Pork (DF)
Korean-Inspired Ground Beef

(GFDF)
Lentil Taco Bowl (GFDF)
Macaroni & Cheese
Maple Mustard Pork (GFDF)
Meatloaf (GF)
Mustard Herb Roasted Fish (GFDF)
Orange Chicken (GFDF)
Ropa Vieja (<i>Shredded Beef in Savory Tomato Sauce</i>) (GFDF)
Salisbury Steak
Sesame Chicken & Vegetables (GFDF)
Southwest Turkey Taco Bowl (GFDF)
Spaghetti w/ Meat Sauce
Squash Casserole (GFDF)
Sweet & Sour Chicken (GFDF)
Tater Tot Hotdish
Three Cheese Pasta w/ Turkey

GF = gluten free

DF = dairy free

GFDF = gluten free and dairy free

****Please complete and return this checklist to 1945 Manton St. Maplewood, MN 55109. If you are unable to mail this form, please hand it back to your delivery driver on your next delivery. If you cannot do that either, please call (651) 748-7266 to inform us of your meal selection over the phone. Please ensure to write your name somewhere on this checklist to identify yourself.**

Failure to complete this checklist within the designated timeframe will result in the provision of another checklist and a phone call from us to discuss the menu and your choices. In the event that this checklist is not returned and our attempts to contact you are unsuccessful, your meals will be temporarily terminated until we hear from you.**