



# Connections Area Agency on Aging Customized Frozen Meal Program

641-782-4040 or 800-432-9209 ext 7002

## Customized Frozen Meal Program

Our nutrition program is dedicated to providing great tasting, nutritionally balanced meals to meet the needs of our senior population.

Clients can now choose and customize each order from a variety of 14 different meals (5 meal minimum required). Five day meal packs are delivered directly to the client's home on a weekly, bi-weekly or monthly basis.

Each meal meets one-third of the dietary guidelines, is approved by a registered dietitian, and is prepared fresh by Valley Services.



**BBQ Pork Ribette**

**Meatloaf w/Onion Gravy**



**If you are not currently receiving our meals and would like more information, please contact your case manager, senior center manager or our nutrition department.**

**Meal Choice Options: Listed below are the current meal choices. Orders will be customized and delivered in cases of five meals. Have your meal selections ready when the nutrition department contacts you for your weekly, bi-weekly or monthly delivery.**

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Spaghetti & Meat Sauce/Italian Blend/Corn/Cookie/Bread

Pulled Pork w/Gravy/ Whipped Potatoes/Stewed Tomatoes/Grape Juice/Bread

Salisbury Steak w/Onion Gravy/Whipped Potatoes/Stewed Tomatoes/Grape Juice/Bread

Sweet & Sour Chicken Breast/Brown Rice/Japanese Veggies/Fruit Punch/Bread

BBQ Pork Ribette Patty/Succotash/Strawberry Pears/Fruit Punch/Hot Dog Bun

Meatloaf w/Brown Gravy/Garlic Parmesan Whipped Potatoes/California Veggies/Fruit Punch/Bread

Breaded Fish Patty/Confetti Rice/Cabbage/Pears/Bread

Turkey w/Gravy/Whipped Potatoes/Carrots/Fruit Juice/Cookie/Roll

Meatballs w/Brown Gravy/Brown Rice/Green Beans/Fruit Juice/Cookie/Roll

Herb Crusted Pork/Sweet Potato/Lima Beans/Mandarin Oranges/Bread

Western Omelet/Tater Rounds/Biscuit/Applesauce/Orange Juice

Pancake Plate w/Syrup/Tater Rounds/Sausage Patties/Applesauce/Orange Juice

Cheese Omelet/Tater Rounds/Biscuits & Gravy/Applesauce/Orange Juice

Biscuits w/Gravy/Tater Rounds/Sausage Patties/Applesauce/Orange Juice

**All Meals Include Margarine/Milk**