

ROUTE: \_\_\_\_\_

# HEALTH "E" ORDER FORM

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ COMPLEX/APT #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

COMMENTS: \_\_\_\_\_ COD/PREPAID TOTAL \$ \_\_\_\_\_

## LITE MENU

- 301 \_\_\_\_\_ CHICKEN MEDITERRANEAN with Seasoned Vegetables and Broccoli
- 302 \_\_\_\_\_ CHICKEN MARSAALA with Wax Beans and Spinach
- 303 \_\_\_\_\_ ROAST TURKEY BREAST with Green Beans and Whipped Potatoes
- 304 DISC ~~"GRANDMAS" BEEF STEW with California Style Vegetables and Spiced Apples~~
- 305 DISC ~~ORIENTAL PEPPER STEAK with Sliced Carrots and Rice Pilaf~~
- 306 \_\_\_\_\_ HEALTH "E" BURGER with Mushroom Gravy, Peas and Country Vegetables
- 307 DISC ~~ITALIAN LASAGNA with Asparagus and Cauliflower~~
- 308 DISC ~~BAKED POLLACK FILLET with Spinach and Carrot Blend~~
- 309 \_\_\_\_\_ ISLANDIC COD with Mixed Vegetables and Rice Pilaf
- 310 \_\_\_\_\_ FARM RAISED TILAPIA with Chef's Choice Vegetables and Carrots

FRUIT JUICE: Choose one with each meal ordered

- 039 DISC ~~Orange Juice~~      046 \_\_\_\_\_ Lemonade
- 040 DISC ~~Grapefruit Juice~~      047 \_\_\_\_\_ Fruit Punch
- 041 \_\_\_\_\_ Apple Juice      048 \_\_\_\_\_ Cranberry Juice
- 045 \_\_\_\_\_ Pineapple Juice

900 \_\_\_\_\_ COOKIE PAC - 5 FOR 4.00 - Decadent Chocolate Chips...

## REGULAR MENU

- 401 \_\_\_\_\_ ROAST CHICKEN BREAST with Stuffed Potato and Broccoli
- 402 \_\_\_\_\_ CHICKEN ~~CORDON ROUGE~~ <sup>KIEV</sup> with Garden Peas and Cinnamon Apples
- 403 \_\_\_\_\_ BAKED CHICKEN LEGS with Sweet Yams and Green Beans
- 404 \_\_\_\_\_ HONEY BBQ CHICKEN THIGHS with Sliced Carrots and Boston Flaked Beans
- 405 \_\_\_\_\_ GRILLED CHICKEN ALFREDO with Broccoli and Caribbean Vegetables
- 406 \_\_\_\_\_ CHICKEN PARMIGIANA with Pasta and Italian Green Beans
- 407 \_\_\_\_\_ TRADITIONAL TURKEY DINNER with Yams and Choice Vegetables
- 408 \_\_\_\_\_ SALISBURY STEAK with Stuffed Potato and Asparagus
- 409 \_\_\_\_\_ MEATLOAF Topped with Mushroom Gravy with Potato Puffs and Vegetables
- 410 \_\_\_\_\_ STUFFED BELL PEPPER with Sliced Carrots and Wax Beans
- 411 \_\_\_\_\_ PASTA, PASTA, PASTA - Stuffed Shell, Manicotti, Ravioli with Italian Vegetables
- 412 \_\_\_\_\_ MEAT LASAGNA with Broccoli and Baked Apples
- 413 \_\_\_\_\_ KNOCKWURST OVER SAUERKRAUT with Baked Beans and Vegetable of the Day
- 414 \_\_\_\_\_ KRAB CAKES with Spinach and Sweet Potatoes
- 415 \_\_\_\_\_ SALMON in Dill Sauce with Rice Pilaf and Garden Vegetables
- 416 DISC ~~FILLET OF SOLE with Green Beans and Cauliflower Cheese Bake~~
- 417 \_\_\_\_\_ MACARONI AND CHEESE with Cinnamon Apples and Seasoned Vegetables

## BREAKFAST MENU

- 502 \_\_\_\_\_ SOUTHWESTERN OMELET with Vegetables and Potato Puffs
- 503 \_\_\_\_\_ BUTTERMILK PANCAKES with Seasonal Fruit and Sausage Patty
- 504 \_\_\_\_\_ CHEESE BLINTZES with Potato Puffs and Sliced Apples
- 505 \_\_\_\_\_ FRENCH TOAST with Hash Browns and Sausage Patty

Solo \_\_\_\_\_ Sausage Biscuit w/ Gravy sliced apples and potato puff

### HEALTH "E" HOME DELIVERD MEALS

Broward & Palm Beach Counties

(561) 496-2367

Toll Free 1-888-522-EASY(3279)

Fax: (954) 974-8073

Prices subject to Change - 3/04

