



# Frozen Meal Ideas

{all meals prepared will not contain pork or shellfish}

**Price for meals: Donations only. Please consider ingredient cost and time to prepare meals.**

## Precooked Items:

\_\_\_\_\_ 1 pound browned hamburger  
(browned beef) (Please limit to 3# at a time)

\_\_\_\_\_ 2 cups brown rice  
(water, brown rice)

\_\_\_\_\_ 2 cups chicken, cubed  
(chicken breast) (Please limit to 6 cups at a time)

## Meats:

\_\_\_\_\_ Barbecue Pulled Chicken  
(chicken breast with Homemade BBQ Sauce- Homemade Ketchup [tomato paste[tomato pulp & citric acid], honey, white vinegar, water, sugar, salt, onion powder, garlic powder], brown sugar, molasses, prepared mustard [vinegar, water, mustard seed, salt, turmeric, paprika], salt, pepper)

\_\_\_\_\_ Italian Baked Chicken  
(chicken breast, Shannon's Italian Dressing [olive oil, apple cider vinegar, honey, dry mustard, minced onion, dried dill weed, garlic salt, black pepper, dried basil, Italian seasoning, dried parsley, paprika])

\_\_\_\_\_ Grilled chicken breasts  
(chicken breast)

\_\_\_\_\_ Grilled Hamburgers  
(beef)

\_\_\_\_\_ Turkey Meatballs  
(ground turkey, dried basil, onion powder, garlic powder, dry mustard, eggs, pepper)

## Main Dish:

\_\_\_\_\_ Supreme Pizza  
(Italian crust [yeast, water, garlic salt, sea salt, sugar, olive oil, Italian seasoning, flour], browned beef, pizza sauce [tomato puree[water, tomato paste], soybean oil, salt, spices, parsley, natural flavor, citric acid], red bell pepper, green bell pepper, yellow bell pepper, orange bell pepper, olives, mushrooms, cheddar cheese)

\_\_\_\_\_ Taco Pizza  
(Italian crust [yeast, water, garlic salt, sea salt, sugar, olive oil, Italian seasoning, flour], browned beef, pizza sauce [tomato puree[water, tomato paste], soybean oil, salt, spices, parsley, natural flavor, citric acid], taco browned beef [hamburger, minced onion, chili powder, ground cumin, salt, garlic powder, cornstarch, oregano] red bell pepper, orange bell pepper, olives, cheddar cheese)

\_\_\_\_\_ BBQ Chicken Pizza  
(Italian crust [yeast, water, garlic salt, sea salt, sugar, olive oil, Italian seasoning, flour], Homemade BBQ Sauce- Homemade Ketchup [tomato paste[tomato pulp & citric acid], honey, white vinegar, water, sugar, salt, onion powder, garlic powder], brown sugar, molasses, prepared mustard [vinegar, water, mustard seed, salt, turmeric, paprika], salt, pepper], green bell pepper, purple onion, mozzarella cheese)

\_\_\_\_\_ Italian Pizza Crust, prebaked  
(yeast, water, garlic salt, sea salt, sugar, olive oil, Italian seasoning, flour)

\_\_\_\_\_ Hamburger Pasta Bake  
(pasta, browned beef, onion, garlic powder, zucchini, tomato sauce, diced tomatoes, dried oregano, salt, black pepper, mozzarella cheese)

\_\_\_\_\_ Chicken Noodle Casserole (available also with Turkey\*)  
(wide egg noodles, \*chicken, celery, red bell pepper, onion, butter, flour, almond milk, garlic salt, fresh parsley)

\_\_\_\_\_ Taco Rice  
(browned hamburger, taco seasoning [minced onion, chili powder, ground cumin, salt, garlic powder, cornstarch, oregano], onion, canned tomatoes, cooked brown rice, shredded cheddar cheese)

\_\_\_\_\_ Mexican Rice & Beans  
(brown rice, water, olive oil, red bell pepper, chili powder, black beans, ground cumin, garlic salt, dried dill weed, dried onion flakes)

## Side Dishes:

### \_\_\_\_\_ Herbed Green Beans

(green beans, butter, garlic salt, dried basil, salt, pepper, red bell pepper strips, mushrooms)

### \_\_\_\_\_ Herb Roasted Potatoes

(potatoes, Italian seasoning, salt, pepper, dried dill weed, dried parsley, paprika, olive oil)

### \_\_\_\_\_ Garlic Broccoli Spears

(broccoli florets, olive oil, lemon juice, minced garlic, salt, pepper)

### \_\_\_\_\_ Zucchini Squash Stir-fry

(zucchini, yellow squash, carrots, long green beans, olive oil, dried basil, dried dill weed, garlic powder, salt, pepper)

## Soups:

### \_\_\_\_\_ Chicken Noodle Vegetable

(chicken, chicken broth, water, egg noodles, carrots, celery, peas, corn, dried parsley, garlic powder, onion, salt, pepper)

### \_\_\_\_\_ Beef & Barley

(browned hamburger, onion, garlic powder, water, tomatoes, barley, carrots, peas, corn, dried basil)

### \_\_\_\_\_ Taco

(browned hamburger, onions, green pepper, garlic powder, tomato juice, kidney beans, sweet corn, chili powder, vinegar)

### \_\_\_\_\_ Vegetable Beef [\*available without meat on request]

(browned hamburger, onion, celery, carrots, garlic, tomatoes, tomato sauce, kidney beans, garlic salt, parsley flakes, oregano, dried basil, black pepper, potatoes, green beans, water)

## Granola: [contains no high fructose corn syrup]

### \_\_\_\_\_ Yogurt Topping Granola (18.05 ounces)

(quick oats, cinnamon, honey, olive oil)

### \_\_\_\_\_ Crunchy Honey Granola (20.05 ounces)

(available in GF\* on request)

(\*old fashioned oats, almonds, shredded coconut, \*whole wheat flour, sunflower seeds, raisins, ground cinnamon, honey, olive oil, vanilla) \*GF version has brown rice flour and GF oats

### \_\_\_\_\_ Chewy Molasses Granola (20.05 ounces)

(old fashioned oats, almonds, raisins, dried cranberries, sunflower seeds, pepitas, millet, wheat germ, whole wheat flour, chia seeds, ground cinnamon, ground ginger, olive oil, honey, unsulfured molasses, vanilla)

### \_\_\_\_\_ Maple Cinnamon Granola (20.05 ounces)

(available in GF\* on request)

(\*old fashioned oats, sunflower seeds, pepitas, chopped pecans, raisins, \*whole wheat flour, cinnamon, olive oil, honey, maple syrup) \*GF version has brown rice flour and GF oats

### \_\_\_\_\_ Toasted Coconut Chia Granola (18.05

ounces) (available in GF\* on request)

(\*old fashioned oats, crisp rice [rice, sugar, corn syrup], brown rice flour, chipped unsweetened coconut, coconut oil, vanilla, chia seeds, honey, unsulfured molasses) \*GF version has GF oats

### \_\_\_\_\_ Pumpkin Flax Seed Granola (18.05 ounces)

(old fashioned oats, brown rice flour, flax seeds, pepitas, ground flax meal, ground cinnamon, pumpkin pie spice, olive oil, honey, unsulfured molasses, pumpkin puree)

## Note:

Main dishes and side dishes come in a 9 inch round.

Pizzas are 12 inches round.

Soups come in a 3 cup container.

Granola is in a Ziploc bag with the specified ounce amount listed.