

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Ahlers Meals Menu

Menu Code	Name & Description	Count
<b>BREAKFAST</b>		
CFH01-3001	<b>Turkey, Vegetable, Potato Hash</b> with Applesauce, Butter & Jelly, Oatmeal, Wheat Bread, Milk	
CFH01-3002	<b>Turkey Bacon with Scrambled Eggs</b> , Applesauce, Roasted Potatoes, Wheat Bread, Jelly & Margarine, Milk	
CFH01-3003	<b>Pancakes with Scrambled Eggs</b> , Roasted Potatoes, Orange Juice, Syrup & Margarine, Milk	
CFH01-3004	<b>Cheese Omelet with Salsa</b> , Potatoes, Peaches, Cereal, Milk	
CFH01-3005	<b>Breakfast Bagel with Egg, Sausage</b> , Swiss Cheese, Applesauce, Potatoes, Milk	
CFH01-3006	<b>Biscuits with Sausage Gravy</b> , Milk	
CFH01-3007	<b>Cheesy Grits with Scrambled Eggs</b> , Veggies, Country Apples, Milk	
CFH01-6013	<b>Scrambled Eggs with Pork Sausage</b> , Roasted Potatoes, Spiced Peaches, Shredded Wheat, Milk	
<b>VEGETARIAN</b>		
CFH07-5001	<b>Penne Pasta with Plant-Based Sausage</b> , Marinara, Broccoli, Carrots, Mandarin Oranges, Milk	
CFH07-5002	<b>Cheese Omelet with Salsa</b> , Red Skinned Potatoes, Cereal, Mixed Fruit, Milk	
CFH07-5003	<b>BBQ Jackfruit</b> , Wheat Bun, Green Peas, Brussel Sprouts with Onions, Tropical Fruit, Milk	
CFH07-5004	<b>Spaghetti with Vegetarian Meat Balls</b> , Broccoli, Carrots, Applesauce, Milk	
CFH07-5005	<b>Vegetarian Burger</b> , Wheat Bun, Scalloped Potatoes, Festive Green Beans, Pineapple Bits, Milk	
CFH07-5006	<b>Vegetable Lasagna</b> , Carrots, Lima Beans, Mangos, Milk	
CFH07-5007	<b>Plant-Based Chicken &amp; Broccoli Casserole</b> , Capri Vegetables, Wheat Bread, Peaches, Milk	
CFH07-5008	<b>Vegetable Chili</b> , Turnip Greens, Roasted Sweet Potatoes, Cornbread, Strawberry Applesauce, Milk	
CFH07-5009	<b>Lentil Soup</b> , Sliced Apples, Cornbread, Milk	
CFH07-5010	<b>Stir Fry with Plant-Based Strips</b> , Brown Rice, Pears, Milk	
<b>DINNER</b>		
CFH02-6001	<b>Beef Pot Roast with Gravy</b> , Mashed Potatoes, California Vegetables, Mixed Fruit, Sunflower Seeds, Milk	
CFH02-6003	<b>Hamburger with Wheat Bun</b> , Peas, and Pineapple Bits, Milk	
CFH02-6004	<b>Cubed Steak with Mushroom Gravy</b> , Mixed Vegetables, Collard Greens, Applesauce, Wheat Roll, Milk	
CFH02-6007	<b>Beef &amp; Cabbage Stew</b> , Carrots, Sliced Apples, Wheat Crackers, Peanut Butter, Milk	
CFH02-6008	<b>Italian Beef Pasta</b> , Broccoli with Red Peppers, Green Beans, Applesauce, Milk	
CFH02-6014	<b>Indiana Style Chili Mac</b> , Green Beans, Carrots, and Cheese Stick, Milk	
CFH02-6015	<b>Braised Beef &amp; Egg Noodles</b> , Collard Greens, Carrots, Applesauce, Sunflower Seeds, Milk	

PLEASE NOTE THAT ITEMS MAY GO OUT OF STOCK WITHOUT NOTICE

Items may be substituted at our discretion. Your cooperation and understanding are greatly appreciated.

## Ahlers Meals Menu

Menu Code	Name & Description	Count
<b>DINNER CONTINUED</b>		
CFH02-6016	<b>Swedish Meatballs</b> , Broccoli, Carrots, Brown Rice, Orange Juice, Milk	
CFH02-6019	<b>Meatloaf with Gravy</b> , Mashed Potatoes, Brussel Sprouts, Mandarin Oranges, Milk	
CFH02-7002	<b>Veal Piccata</b> , California Vegetables, Roasted Potatoes, Mandarin Oranges, Sunflower Seeds, Milk	
CFH02-7013	<b>Spaghetti and Meatballs</b> , California Vegetables, Green Beans, Peaches, Milk	
CFH03-7004	<b>Jamaican Pork Roast</b> , Key West Vegetables, Mashed Potatoes, Wheat Bread, Pears, Orange Juice, Milk	
CFH03-7016	<b>Country Turkey Ham &amp; Beans</b> , Collard Greens, Carrots, Wheat Crackers, Mixed Fruit, Milk	
CFH04-4001	<b>Oven Fried Chicken</b> with White Rice, Carrots, Pears, Rice Milk	
CFH04-4005	<b>Grilled Chicken Fillet</b> , Mixed Vegetables, Sliced Apples, Dinner Roll, Tropical Fruit, Milk	
CFH04-4009	<b>Chicken Roma with Pasta</b> , Italian Vegetables, Applesauce, Dinner Roll, Cranberry Juice	
CFH04-6002	<b>Chicken Cacciatore</b> , Mashed Potatoes, Broccoli, Wheat Bread, Peaches, Milk	
CFH04-6006	<b>Turkey Breast with Gravy</b> , Roasted Sweet Potatoes, Green Beans, Orange Juice, Milk	
CFH04-6009	<b>Herb Marinated Chicken</b> , Mashed Potatoes, Asparagus, Wheat Bread, Peaches, Sunflower Seeds, Milk	
CFH04-6010	<b>Smothered Chicken with Gravy</b> , Rice Pilaf, Collard Greens, Mandarin Oranges, Milk	
CFH04-6011	<b>Lemon Pepper Chicken</b> , Broccoli, Mashed Potatoes, Pineapple Bits, Orange Juice, Milk	
CFH04-6017	<b>Chicken Parmesan</b> , California Vegetables, Roast Potatoes, Peaches, Milk	
CFH04-6020	<b>Chicken &amp; Noodles</b> , Broccoli, Applesauce, Wheat Roll, Cheese Stick, Milk	
CFH04-7007	<b>Chicken &amp; White Bean Chili</b> , Broccoli, Corn, Cornbread, Applesauce, Milk	
CFH04-7009	<b>Chicken &amp; Broccoli Casserole</b> , Capri Vegetables, Wheat Bread, Mandarin Oranges, Milk	
CFH04-7011	<b>Southwest Pasta with Turkey</b> , Corn, Peas, Pineapple Bits, Milk	
CFH06-6005	<b>Pollock Almandine</b> , Carrots, Green Beans, Pineapple Bits, Milk	
CFH06-6018	<b>Potato Pollock</b> , Broccoli, Carrots, Pineapple Bits, Milk	
CFH06-7020	<b>Herb Crusted Cape Hake</b> , Roasted Potatoes, Broccoli, Wheat Bread, Tropical Fruit, Milk	

### Please note:

To maintain a balanced nutritional profile, there is a maximum of 3 items per selection. Any discrepancies must be reported within one day of your delivery.

If you are happy with your previous order, you do not need to submit a new order, we will repeat your previous order. If you would like to change your order, please do not hesitate to call our office staff at **937-506-8487** or email; **orders@ahlersmeals.com**

Orders are finalized by 4:00 PM one week prior to delivery, please ensure any changes are submitted by this time. (e.g. For a Monday delivery, changes must be submitted by the previous Monday)

**Thank you for ordering from Ahlers Meals!**