

STANDARD MEALS *Minimum Order of 7 meals / Maximum of 14 meals per week!

CLIENT SHIPPING / MAILING ADDRESS

Name: _____
 Street Address: _____
 City: _____
 State: _____ Zip Code: _____
 Phone #: _____



PLEASE CALL US TOLL FREE:
(866) 204-6111 (Monday-Friday 8-3)

****PLEASE CALL, MAIL, FAX or EMAIL ORDERS IN ANYTIME BEFORE 5:00PM TUESDAY***

| Item # | Qty. | BEEF MEALS: |
|--------|------|---|
| 9302 | | MEAT LASAGNA WITH MALIBU VEGETABLES, PINEAPPLE, DINNER SALAD & DRESSING (58 g) |
| 9303 | | STUFFED GREEN PEPPER WITH BEEF, MASHED POTATOES & GRAVY & APPLE JUICE (54 g) |
| 9307 | | GOULASH W/MIXED VEGETABLES, CHEDDAR CHEESE & RS GELATIN (66 g) |
| 9313 | | SALISBURY STEAK, MASHED POTATOES, GRAVY, SICILIAN VEGETABLES & ORANGE JUICE (53 g) |
| 9344* | | SPAGHETTI WITH MEAT SAUCE AND PARMESAN CHEESE & ORANGE JUICE (64 g) |
| 9348* | | BEEF SHEPHERDS PIE & ORANGE JUICE (44 g) |
| 9350* | | BEEF AND COCONUT RICE WITH GLAZED CAPRI VEGETABLES, ORANGE JUICE & COOKIE (81 g) |
| 9352 | | CALICO BEANS AND BEEF WITH VEGETABLE RICE AND ORANGE JUICE (73 g) |
| 9355 | | SONORA STYLE BEEF ENCHILADA WITH FLOUR TORTILLAS AND CHEDDAR CHEESE, GRAPES & COOKIE (86 g) |
| 9367 | | POT ROAST WITH GRAVY, RED POTATOES, STEAMED BROCCOLI, ORANGE JUICE & SF PUDDING (71 g) |
| 9368 | | MEATLOAF WITH BABY BAKERS, GREEN BEANS, APPLESAUCE & ORANGE JUICE (65 g) |
| 9369* | | MEATBALLS WITH MASHED POTATOES, GRAVY, CAPRI VEGETABLES, PEACHES & ORANGE JUICE (66 g) |
| 9370 | | BEEF AND NOODLES WITH RIVERIA BLEND VEGETABLES, STRING CHEESE, PEACHES & OJ (64 g) |
| 9373* | | LOOSE MEAT BEEF SANDWICH WITH BABY CARROTS, CINNAMON APPLESAUCE & COOKIE (73 g) |
| Item # | Qty. | PORK MEALS: |
| 9316* | | PORK SIRLOIN WITH HERB POTATOES, SICILIAN VEGETABLES & CINNAMON APPLES (59 g) |
| 9318 | | PORK FRIED RICE WITH ASIAN VEGETABLES & STRING CHEESE (58 g) |
| 9337* | | PORK AND WHITE BEAN STEW & APPLESAUCE (56 g) |
| 9338* | | PORK LO MEIN WITH VEGETABLES, GRAPES AND COOKIE (85 g) |
| 9372 | | PORK ROAST, MASHED POTATOES, GRAVY, CAPRI VEGETABLES, COOKIE & ORANGE JUICE (58 g) |
| 9374 | | PORK BURGER ON BUN WITH BAKED BEANS, BBQ SAUCE, BABY CARROTS, COOKIE & OJ (81 g) |
| Item # | Qty. | POULTRY MEALS: |
| 9311 | | CHICKEN CORDON BLEU, BABY BAKERS, GREEN BEAN CASSEROLE & ORANGE JUICE (50 g) |
| 9312* | | BAKED BONELESS CHICKEN BREAST WITH CHEESY POTATOES, CAPRI VEGETABLES & OJ (53 g) |
| 9341 | | TERYAKI CHICKEN BREAST WITH RICE & VEGETABLES & PINEAPPLE (66 g) |
| 9342* | | CHICKEN MOLE' AND RICE WITH ROASTED PEPPERS AND ONIONS, GRAPES AND COOKIE (75 g) |
| 9346* | | JERK CHICKEN BREAST AND SPANISH RICE WITH BLACK BEANS AND CHEESE, GRAPES AND COOKIE (82 g) |
| 9353* | | CREOLE STYLE TURKEY AND RICE WITH PORK KIELBASA & APPLESAUCE (60 g) |
| 9354 | | CREAMED CHICKEN AND BISCUIT WITH SCANDINAVIAN BLEND VEGETABLES & ORANGE JUICE (72 g) |
| 9371 | | CHICKEN & NOODLES WITH SICILIAN VEGETABLES, STRING CHEESE, SF PUDDING & OJ (59 g) |
| 9375 | | TURKEY WITH STUFFING, GRAVY, SWEET POTATOES, GREEN BEAN CASSEROLE, APPLESAUCE & COOKIE (81 g) |
| 9376* | | BAKED CHICKEN BREAST, CHEESY VEGETABLE RICE, STEAMED CARROTS, COOKIE & OJ (69 g) |
| 9377 | | WHITE CHICKEN FAJITA WITH SPANISH RICE AND CHEESE, FLOUR TORTILLAS (2) & COOKIE (90 g) |
| 9378* | | POLLO A LA PLANCHA WITH BEANS & SALSA, CORN TORTILLAS & COOKIE (66 g) |
| Item # | Qty. | FISH: |
| 9327 | | TUNA CASSEROLE WITH PEAS & CARROTS & ORANGE JUICE (60 g) |
| 9330 | | FISH NUGGETS W/CHEESY POTATOES, EGG, DINNER SALAD, FAT-FREE RANCH & OJ (64 g) |
| 9347* | | CORNMEAL CRUSTED CATFISH WITH MASHED POTATOES, GREEN BEANS WITH TURKEY BACON & OJ (58g) |
| 9349 | | SALMON AND CORN CHOWDER WITH STRING CHEESE & ORANGE JUICE (47 g) |
| Item # | Qty. | SOUPS, SALADS & SANDWICHES: |
| 9345 | | ORIENTAL STYLE BEEF AND NOODLE SOUP WITH VEGETABLES & ORANGE JUICE (60 g) |
| 9379 | | CHILI WITH BEEF & BEANS, COLBY CHEESE SANDWICH, COOKIE & ORANGE JUICE (79 g) |
| 9380 | | CHICKEN SALAD SANDWICH WITH CHEESY POTATO AND HAM SOUP, BABY CARROTS, COOKIE & OJ (94 g) |
| 9381 | | TACO SALAD WITH BEEF & BEANS, TOSTADA SHELLS, CHEESE, SOUR CREAM, APPLE JUICE & COOKIE (64 g) |
| 9382 | | MACARONI & CHEESE WITH TURKEY, HAM & SWISS CHEESE SANDWICH, BABY CARROTS, COOKIE & OJ (103 g) |
| 9383 | | CHEF SALAD W/CHICKEN, HAM, CHEESE, EGG, CARROTS, FF RANCH DRESSING, CINNAMON APPLESAUCE & OJ (64 g) |
| Item # | Qty. | BREAKFASTS: |
| 9334 | | BREAKFAST PLATTER (SCRAMBLED EGG SUBSTITUTE W/TURKEY BACON & HASH BROWNS), OJ & BLUEBERRY MUFFIN (74 g) |
| 9343 | | PORK CHORIZO SKILLET WITH EGG SUBSTITUTE, ROASTED POTATOES AND PEPPERS WITH CHEDDAR CHEESE, APPLESAUCE, & OJ (55 g) |
| 9351 | | SAUSAGE GRAVY AND BISCUIT WITH SCRAMBLED EGG SUBSTITUTE, LF YOGURT, AND OJ (61 g) |
| 9384* | | MAPLE APPLE OATMEAL W/WALNUTS, SCRAMBLED EGG SUBSTITUTE AND TURKEY SAUSAGE, LF YOGURT, COOKIE & OJ (85 g) |
| 9385 | | BREAKFAST BURRITO (EGG SUBSTITUTE & SAUSAGE), SALSA, CHEESE, CORN TORTILLAS, PINEAPPLE, COOKIE & APPLE JUICE (83 g) |
| 9386 | | MINI PANCAKES W/SF SYRUP, SCRAMBLED EGG SUBSTITUTE, TURKEY SAUSAGE, PEACHES, LF YOGURT, COOKIE & OJ (85 g) |
| 9387 | | CHEDDAR CHEESE OMELET WITH CINNAMON FRENCH TOAST, APPLESAUCE, COOKIE & OJ (85 g) |
| 9388 | | BREAKFAST SANDWICH W/CANADIAN STYLE BACON, EGG, CHEESE & ENGLISH MUFFIN, POTATOES, BABY CARROTS, COOKIE & OJ (80 g) |

* indicates Lower Sodium Meals (Less than 800 mg per meal)

EFFECTIVE DATE FOR MENU 10/1/07

Our entire menu is diabetic friendly and the carbohydrate level for each meal is listed in parenthesis. Please select the meals that are most appropriate for your dietary needs.

CLIENT BILLING ADDRESS:

Name: _____
 Street Address: _____
 City: _____
 State: _____ Zip Code: _____
 Phone #: _____

Payment Method: Please Make Checks Payable to: PurFoods, LLC

Check: Please include check with order, meals will not be shipped until check is receive
Credit Card: Type (circle one): MC VISA AMEX DISC
Credit Card Number: _____
Expiration Date: _____
Name on Card: _____