



NAME: _____ DATE: _____

CHEF FOR HIRE CHOICE MENU

Place your meal counts in the box and write your side choices below when applicable.

CODE	NAME & DESCRIPTION	MEAL COUNT	SIDE SELECTION
BREAKFAST			
3006	Biscuits with Pork Sausage Gravy 🍲🍷🍷 — Choose 1 Fruit		
6013	Scrambled Eggs With Pork Sausage, Roasted Potatoes, Spiced Peaches 🍲🍷🍷 — Choose 1 Grain		
3008	English Muffin with Pork Sausage, Egg, and American Cheese 🍲🍷🍷 — Choose 1 Fruit		
3009	English Muffin with Canadian Bacon, Egg, and American Cheese 🍲🍷🍷 — Choose 1 Fruit		
3004	Cheese Omelet With Salsa, Potatoes, Peaches 🍲🍷 — Choose 1 Grain, 1 Fruit		
3003	Pancakes With Scrambled Eggs, Roasted Potatoes 🍲🍷🍷🍷 — Choose 1 Fruit		
3010	English Muffin with Turkey Bacon, Egg, and American Cheese 🍲🍷🍷 — Choose 1 Fruit		
PORK			
2011	Smoked Pork Sausage With Peppers And Onions, Peas, Roasted Potatoes 🍲 — Choose 1 Grain And 1 Fruit		
2062	Gnocchi Carbonara With Peas, Green Beans 🍲🍷🍷 — Choose 1 Fruit		
7004	Jamaican Pork Roast, Key West Vegetable Blend, Mashed Potatoes 🍲🍷🍷 — Choose 1 Grain And 1 Fruit		
POULTRY			
7016	Country Turkey Ham And Beans, Collard Greens, Carrots - Choose 1 Grain & 1 Fruit		
2056	Ginger BBQ Chicken With Whipped Sweet Potatoes, Collard Greens 🍷🍷 — Choose 1 Grain And 1 Fruit		
7007	Chicken & White Bean Chili, Broccoli, Corn 🍲🍷 — Choose 1 Grain And 1 Fruit		
2004	Teriyaki Chicken And Noodles, Stir Fry Vegetables 🍲🍷🍷🍷🍷🍷🍷 — Choose 1 Fruit		
2043	Chicken Marsala, Roasted Potatoes, Broccoli With Red Peppers 🍲🍷🍷 — Choose 1 Fruit		
2058	Orange Chicken, White Rice Pilaf, Broccoli 🍲🍷🍷 — Choose 1 Fruit		
4001	Oven Fried Chicken With White Rice, Carrots 🍷 — Choose 1 Fruit		
6006	Turkey Breast With Gravy, Roasted Sweet Potatoes, Green Beans 🍲🍷🍷 — Choose 1 Grain And 1 Fruit		
6009	Herb Marinated Chicken, Mashed Potatoes, Asparagus 🍲🍷 — Choose 1 Grain And 1 Fruit		
6010	Smothered Chicken With Gravy, Rice Pilaf, Collard Greens 🍷🍷 — Choose 1 Fruit		
6011	Lemon Pepper Chicken, Broccoli, Mashed Potatoes 🍲🍷🍷 — Choose 1 Grain And 1 Fruit		
6020	Chicken & Noodles, Broccoli, Applesauce 🍲🍷🍷🍷 — Choose 1 Fruit & 1 Grain		
7009	Chicken And Broccoli Casserole, Capri Vegetables 🍲🍷🍷 — Choose 1 Fruit		
6002	Chicken Cacciatore, Mashed Potatoes, Broccoli 🍲🍷 — Choose 1 Grain And 1 Fruit		
7011	Southwest Pasta With Turkey, Corn, Peas 🍲🍷 — Choose 1 Fruit		

4009	Chicken Roma With Pasta , Italian Vegetables, Applesauce🥛🌾🥄 — Choose 1 Fruit		
2036	Burrito Bowl With Shredded Chicken , Fajita Vegetables, Black Beans, Cilantro Lime Rice🥛 — Choose 1 Fruit		
6017	Chicken Parmesan , California Vegetables, Roast Potatoes🥛🌾 — Choose 1 Fruit		
VEGETARIAN			
5008	Vegetable Chili , Turnip Greens, Roasted Sweet Potatoes🥛 — Choose 1 Grain And 1 Fruit		
5006	Vegetable Lasagna , Carrots, Lima Beans 🥛🥚🌾 — Choose 1 Fruit		
5007	Plant-Based Chicken And Broccoli Casserole , Capri Vegetables🥛🌾🥄 — Choose 1 Fruit		
5010	Stir Fry With Plant-Based Strips , Brown Rice🌾🥄🐟🌀 — Choose 1 Fruit		
5004	Spaghetti With Vegetarian Meatballs , Broccoli, Carrots🥛🥚🌾 — Choose 1 Fruit		
SEAFOOD			
7020	Herb Crusted Cape Hake , Roasted Potatoes, Broccoli🥛🌾🐟 — Choose 1 Grain And 1 Fruit		
6018	Potato Pollock , Broccoli, Carrots 🥛🌾🐟 — Choose 1 Grain And 1 Fruit		
BEEF			
2003	Sloppy Joe With Wheat Bun , Roasted Sweet Potatoes, Brussels Sprouts With Onions🥛🌾🥄 — Choose 1 Fruit		
2016	Grilled Hamburger With Wheat Bun , Festive Green Beans, Mac And Cheese🥛🌾🥄🐟 — Choose 1 Fruit		
2028	Cheesy Smothered Steak , White Rice Pilaf, Peas🥛🌾🥄 — Choose 1 Fruit		
2034	Country Fried Steak With Gravy , Spinach, Baked Potatoes🥛🌾🥄 — Choose 1 Grain And 1 Fruit		
6001	Beef Pot Roast With Gravy , Mashed Potatoes, California Vegetables 🥛🌾🥄 — Choose 1 Grain And 1 Fruit		
6004	Cubed Steak With Mushroom Gravy , Mixed Vegetables, Collard Greens🥛 — Choose 1 Grain And 1 Fruit		
6007	Beef And Cabbage Stew , Carrots, Sliced Apples🥛🌾🥄 — Choose 1 Grain		
6008	Italian Beef Pasta , Broccoli W/Red Peppers, Green Beans 🥛🥄🌾 — Choose 1 Fruit		
6014	Indiana Style Chili Mac , Green Beans, Carrots🥛🌾🥚 — Choose 1 Fruit		
6016	Swedish Meatballs , Broccoli, Carrots, Brown Rice🥛🌾🥄 — Choose 1 Fruit		
6019	Meatloaf With Gravy , Mashed Potatoes, Brussels Sprouts🥛🌾🥄 — Choose 1 Grain And 1 Fruit		
7013	Spaghetti and Meatballs w/Parmesan Cheese , California Veggies and Green Beans🥛🌾🥄 - Choose 1 fruit		

YOUR CHOICE OPTIONS

When your meal includes a choice, select one item from each applicable category below.

GRAIN OPTIONS

- Wheat Bread
- Dinner Roll
- Wheat Crackers
- Whole Grain Corn Muffin🥚🥛🌾🥄
- Rice Krispies
- Raisin Bran
- Toasted Oats
- Corn Flakes
- Oatmeal



FRUIT / JUICE OPTIONS

- Cranberry Juice
- Grape Juice
- Apple Juice
- Orange Juice
- Diced Pears
- Diced Peaches
- Mandarin Oranges
- Applesauce
- Strawberry Applesauce
- Cinnamon Applesauce

- Papaya Mango
- Tropical Fruit
- Pineapple Tidbits
- Mixed Fruit
- Mandarin Oranges

MILK OPTIONS

Meals are served with 8oz of

- 1% Milk
- 2% White Milk
- 2% Chocolate Milk
- Skim Milk
- Rice Milk
- Lactose Free Milk
- Powdered Milk



Questions? 317-637-0845 ext 3 or email mealchoice@chefforhire.com
Substitutions may be made if a product is not available. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

ALLERGEN ICON KEY:

 = MILK

 = TREE NUTS

 = FISH

 = SESAME

 = EGG

 = WHEAT

 = SOY

 = PEANUTS

 = SHELL FISH