

## Fresh Sandwiches and Fresh Salads

- 2100 **Turkey & Cheddar Sandwich** on wheat bread \* 🍞
- 2101 **Ham & Cheddar Sandwich** on wheat bread \* 🍞
- 2102 **Peanut Butter & Jelly Sandwich** on wheat bread 🌿 🍞 🥄
- 2305 **Garden Salad** romaine w/ buttermilk ranch dressing 🌿 🌾 🍞 🥄
- 2309 **Chicken Caesar Salad** romaine w/ chicken, parmesan cheese, croutons with Caesar dressing \* 🍞
- 2310 **Southwest Chicken Salad** romaine w/ chicken, pepperjack cheese, tortilla strips, black beans, corn and tomato, with a chipotle ranch dressing \* 🍞 🌿

## Soups

- 3004 **Chicken Wild Rice Soup** with mixed vegetables 🍞 🥄
- 3016 **Chicken Tortilla Soup** with rice and black beans 🥄 🍷 🌿
- 1610 **Beef Chili** with beans and corn 🌿 🍞
- 1733 **White Chicken Chili** with beans and mixed vegetables 🍞 🥄
- 1758 **Vegan Chili** with green beans 🌿 🍷 🍞 🥄

## Breakfast

- 2002 **Cheese Omelet** with diced potatoes & cinnamon applesauce 🥄 🍞 🌿 🌿
- 2003 **Denver Omelet** with diced potatoes and applesauce 🥄 🍞 🌿
- 2005 **French Toast** with turkey sausage links and applesauce 🍞

To Place an Order:

Please call 651-746-8280 or email your order to [Orders@OptageDining.org](mailto:Orders@OptageDining.org)  
Be sure to include your name and phone number and the item numbers you would like.  
Orders are due seven days before your assigned delivery date.

▶ Items may be substituted without notice based on availability.



Optage Meals menu contains a generous variety of ready-to-heat, delicious meals. Specialized diet options are available.

Please complete the paper menu delivered to you and return it to your delivery driver upon your next delivery.

You will receive the Daily Features if we do not receive your menu choices seven days prior to your delivery date.




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We look forward to hearing from you!

\* More than 800 mg of sodium


 **Carb Conscious** Less than 65g carbohydrates

 **Gluten Friendly**

 **Heart Healthy** Lower sodium, 10% less DV saturated fat




























 **Vegetarian** Free from beef, pork, poultry, or seafood

 **Lower Sodium** Less than 600mg sodium




























 **Renal Friendly** Low phosphorus, potassium and sodium

Pureed meals are available upon request, please call office for details.

























## Poultry

- 1715 **Chicken Chow Mein** with rice and carrots \*   
- 1719 **Sliced Turkey** with mashed potatoes, gravy and carrots \*  
- 1723 **BBQ Chicken** with yams and green beans    
- 1724 **Chicken Patty on Bun** with french fries and green beans \* 
- 1725 **Chicken Tenders** with french fries and carrots \* 
- 1726 **Baked Chicken** with mashed potatoes and peas & carrots    
- 1727 **Chicken Alfredo** with pasta and Italian blend vegetables  
- 1732 **Turkey Hot Dog on a Bun** with french fries and green beans (  no bun) 
- 1733 **White Chicken Chili** with beans and mixed vegetables  
- 1735 **Chicken a la King** with mashed potatoes and peas & carrots  
- 1741 **Orange Mango Chicken** with rice and stir fry vegetables    






## Vegetarian

- 1751 **Macaroni and Cheese** with green beans   
- 1752 **Pasta with Alfredo Sauce** and mixed vegetables   
- 1754 **Vegetable Lasagna** with peas \*  
- 1757 **Cheese Stuffed Pasta w/ marinara sauce** and Italian blend vegetables \*  
- 1758 **Vegan Chili** with green beans    
- 2002 **Cheese Omelet** with breakfast potatoes & cinnamon applesauce    
- 2102 **Peanut Butter & Jelly Sandwich** on wheat bread   
- 2305 **Garden Salad** romaine lettuce w/buttermilk dressing    
- 3015 **Tomato Basil Soup** with peas & carrots  





## Beef

- 1601 **Spaghetti and Meatballs** with wax beans 
- 1602 **Salisbury Steak** with gravy, mashed potatoes and carrots 
- 1603 **Meatloaf** with mashed potatoes and corn 
- 1605 **Swedish Meatballs** with pasta and diced beets 
- 1608 **Meat Lasagna** with meat sauce and cheese and Italian blend vegetables \* 
- 1609 **Hamburger on a bun** with french fries and mixed vegetables 
- 1610 **Beef Chili** with beans and corn  
- 1612 **Beef Pot Roast** with mashed potatoes, gravy and corn   
- 1614 **Tater Tot Hotdish** with corn   
- 1615 **Beef Burrito** with rice and corn
- 1618 **Beef Stroganoff** with broccoli   
- 1619 **BBQ Beef Riblet** with french fries and wax beans 
- 1620 **Pepper Steak** with gravy and rice and stir fry vegetables  
- 1625 **Beef Stew** with peas  
- 1626 **Italian Casserole w/ Hearty Meat Sauce**, pasta and carrots  
- 1628 **Sloppy Joe on a Bun** with tater tots and carrots \*

## Seafood

- 1803 **Breaded Fish Fillet** with mashed potatoes and green peas 
- 1805 **Fish Sandwich on Bun** with french fries and mixed vegetables
- 1806 **Lemon Pepper Fish** with mashed potatoes and broccoli    

## Pork

- 1902 **Sliced Ham** with pineapple ring, mashed potatoes and spinach \*  
- 1903 **Bratwurst on Bun** with french fries and carrots \* (  no bun) 
- 1907 **Pork Roast** with gravy, mashed potatoes and carrots 