

*Fraser, Ltd.'s
Heat & Eat Meals
are a delicious
alternative when you don't
want to cook but want a
nutritious meal!*

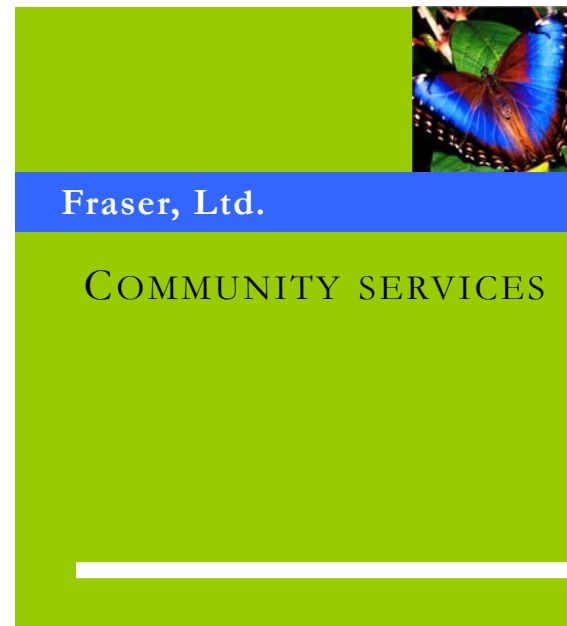
*All menu selections are
quality pre-portioned meals
providing convenience direct
from the freezer to the table.
Each meal is packaged in a
tray which can be heated in a
conventional oven or
microwave. The three
compartment, sealed
individual container is also
recyclable.*

Revised: 08/05/09



Fraser, Ltd.

2902 South University Drive
Fargo, ND 58103
Phone: 701-232-3301
Fax: 701-237-5775
www.fraserltd.org



HEAT AND EAT MEALS

Supporting adults and children on their life's
journey towards independence.



Menu

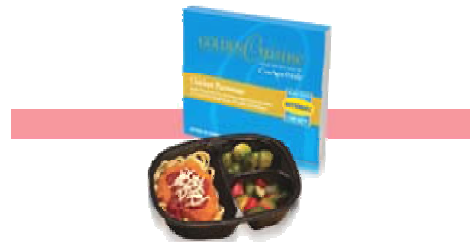
- 040 Roasted chicken breast pieces, red skin potatoes, sugar snap peas & carrots
- 041 Mesquite chicken, chicken breast, BBQ sauce over a black bean rice blend, w/carrots & green beans
- 042 Chicken Broccoli Alfredo, white chicken/ Alfredo sauce, fettuccini pasta, broccoli, zucchini & red pepper blend with carrots
- 043 Spaghetti & meatballs, corn, peas & carrots
- 045 Breaded fish sticks, 6 fish sticks over white & wild rice, green bean blend w/peas & corn
- 046 Country Herb Chicken, chicken breast w/gravy cheesy mashed potatoes, broccoli, a green bean and red pepper blend
- 047 Chicken parmesan, breaded patty w/marinara sauce & mozzarella cheese over fettuccini pasta, sprouts, zucchini & red peppers
- 048 Meatloaf patty, gravy, mashed potatoes, peas & carrots, cauliflower with cheese
- 049 Charbroiled beef patty w/gravy, mashed potatoes, black bean blend and carrots
- 050 Meat lasagna pasta & beef blended with marinara sauce, mozzarella cheese, green beans, cauliflower
- 051 Chicken chow mein over noodles, served with sugar snap peas and cauliflower
- 052 Macaroni & Cheese served with a bean vegetable blend and broccoli
- 053 White turkey & gravy over stuffing with corn and a green bean blend
- 054 Chicken Teriyaki, white chicken meat in sauce over rice and vegetable blend with sugar snap peas and carrots

Menu

- 059 Cheese Manicotti, 2 cheese filled manicotti w/marinara sauce & mozzarella cheese, green beans, and a pea and carrot blend
- 060 Chicken cacciatore, chicken breast patty w/chunky cacciatore sauce over white rice served with cheese topped cauliflower and a lima bean, corn & red pepper blend
- 061 Chicken & noodles, sliced white meat & peas in sauce over noodles, Brussels sprouts and corn
- 062 Swedish Meatballs over noodles & sauce w/broccoli & a vegetable blend
- 064 Boneless pork patty in BBQ sauce with sweet potato chunks, sugar snap peas, broccoli & cauliflower
- 065 Fettuccini Alfredo with broccoli & carrots, Brussels sprouts, zucchini /red pepper blend
- 066 Chicken & rice, white chicken meat w/rice in mushroom sauce topped with Swiss cheese, served with green beans & black bean blend
- 069 Lemon pepper baked fish over rice, broccoli & carrot blend, served w/peas & zucchini /red pepper blend
- 076 Sweet & sour chicken, white meat pieces in sweet & sour sauce w/vegetables & pineapple served over rice

* Nutritional facts listed on package

** Meal selection subject to change without notice



Heat & Eat Meals are convenient for:

- People with busy schedules
- Single parents
- College students
- Senior citizens
- People returning home after hospitalization

Pricing

Cost per meal: \$3.25.

Ordering

Call Fraser, Ltd. at 701-232-3301

Pick up location

Meals are available for pick up
Monday - Friday from 8am to 5pm at:

Fraser, Ltd.
2902 S. University Drive
Fargo, ND 58103

Delivery

Meals are available for delivery in a
limited area on Thursday from 10am to 2pm.
A fee for delivery is charged.

Payment is due upon receipt.

Fraser, Ltd accepts food stamps.