

Frozen Meal Program



MENU



apetito

WELCOME TO OUR MENU

We understand that sometimes preparing meals everyday can be a chore. Our menu is full of tempting meals, soups and desserts delivered to your home.

In our constant pursuit to provide you delicious meal options, we reviewed every one of our recipes for taste, texture and quality. We think you'll love the improvements we made to over 85% of our products!

All of our meals are made with a focus on nutrition and taste, which come frozen to preserve freshness. A lot of our meals are low in fat, low in calories and low in sodium. We have a number of low sodium soup options and a few desserts that have no added sugar. Our diet codes that classify each meal will help you choose which item is right for you. Turn to [page 1](#) for more information.

We also provide meals that are gluten-free, lactose-free, low sodium and have controlled levels of potassium & phosphorus. In addition, we offer a range of complete meals and soups for a minced or pureed diet. We hope you enjoy browsing through the menu. You can place your order whenever you are ready.

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DIET SYMBOLS

We have classified each meal, soup and dessert with a diet code. You will find each item's code(s) beneath its description. Use them to select the meals suitable for your diet. The definitions are below.

NAS **NO ADDED SUGAR.**

Desserts marked with this symbol contain no added sugar or ingredients containing added sugars.

GF **GLUTEN-FREE.**

These meals do not contain any gluten proteins or wheat.

LC **LOW CALORIE.**

These meals contain 120 calories or less per 100g.

LF **LOW FAT.**

These meals contain 3g or less of fat per 100g.

LS **LOW SODIUM.**

These meals contain less than 140mg of sodium per 100g.

V **VEGETARIAN.**

These meals contain no meat, however may contain dairy such as milk, cheese and eggs.

VEGAN Vegetarian items that do not contain dairy or egg products.

CHICKEN WITH HONEY BBQ SAUCE



12148

CLIENT LETTER

We received a heartfelt letter from a client expressing her gratitude for our meals.

She says, "I wonder if you realize what a blessing your Meals on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in the winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. For one person it is hard to keep fresh food; plus your meals give me so much variety. Since I have been enjoying your meals I feel much better physically and mentally. Just the fact that they are delivered makes me feel that someone cares."

Apetito Canada Ltd.
Brampton, Ontario

Dear Friends:

I wonder if you realise what a blessing your Meals-on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. At my age I really only want one big meal a day and for one person it is hard to buy and keep fresh food; plus your meals give me so much variety. I don't eat a great many sweets, so I think your desserts are wonderful.

Since I have been enjoying your meals I feel much better both physically and mentally. Just the fact that they are delivered makes me feel that someone cares.

Thanks again for all your hard work in preparing this food and I wish you all the best of health and happiness.

Sincerely,

Evelyn Stagg

BEEF

MACARONI MEAT & CHEESE CASSEROLE

ground beef in tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots.

355g **12005**

BEEF STEW

with squash and mashed potatoes.

LC LS 380g **12008**

SALISBURY STEAK

with mushroom gravy, home fried potatoes and mixed carrots, beans and pearl onions.

LC 320g **12017**

CHOPPED SWISS STEAK

in tomato gravy with squash and mashed potatoes.

LC LS 365g **12046**

MEATLOAF IN MUSHROOM GRAVY

with mashed potatoes, green & yellow beans and carrots.

LC LS 350g **12062**

LIVER & ONIONS

with mashed potatoes and mixed carrots, beans, peas and pearl onions.

LC LF 355g **12087**

MEAT LASAGNA

with mixed orange & yellow carrots and green beans.

350g **12092**

SHEPHERD'S PIE

with peas and carrots.

LC LF LS 375g **12108**

BEEF

ITALIAN-STYLE BREADED VEAL

topped with tomato sauce and cheese, served with mashed potatoes and peas with carrots.

LC LF LS 371g 12109

SPAGHETTI BOLOGNESE

with carrots.

LC LF 340g 12111

STEAK & MUSHROOM PIE

with mixed carrots, beans, peas and pearl onions.

LS 395g 12118

MEATBALLS IN GRAVY

with mashed potatoes and carrots.

LC LS 329g 12125

BEEF STROGANOFF

over egg noodles with peas.

LS 330g 12130

SLICED BEEF WITH ONION GRAVY

with mashed potatoes, peas and carrots.

LC LF 311g 12132

MEATBALLS AND PEPPERS

in herb gravy with mashed potatoes and carrots.

LC LF 337g 12146

SLICED BEEF WITH MUSHROOM GRAVY

with mashed potatoes and mixed vegetables.

LC LF 301g 12150

BEEF

STEAK AND POTATO STEW

with carrots and green & yellow beans.

LC 300g **NEW** 12157

TRADITIONAL POT ROAST

with country-style potatoes, carrots and green & yellow beans.

GF LC LF 286g 12164

MEATBALLS AND PEPPERS



12146

CHICKEN & TURKEY

CHICKEN À LA KING

with carrots and mashed potatoes.

LC LF 360g **12001**

COUNTRY CHICKEN

in gravy with mashed potatoes, stuffing and carrots.

LC LF 320g **12032**

BREADED CHICKEN BREAST

on a red pepper rice pilaf topped with Caesar sauce and served with green & yellow beans and carrots.

LC 375g **12057**

CHICKEN CACCIATORE

rotini pasta in Mediterranean-style sauce with carrots and beans.

LC LF LS 340g **12078**

ROAST CHICKEN THIGH

boneless, skinless chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.

LC LF 275g **12090**

LEMON CHICKEN

battered chicken in lemon sauce with white rice, snap peas, baby corn and carrots.

LC LF LS 320g **12094**

BREADED CHICKEN FINGERS

with french fries, peas and carrots.

290g **12113**

CHICKEN & TURKEY

GENERAL TSO'S CHICKEN

sweet and spicy battered chicken with rice pilaf and green beans.

LC LF 300g 12114

CHICKEN STEW

with mashed turnip and green beans.

LC LF 350g 12116

CHICKEN BREAST WITH BROCCOLI & WHITE CHEDDAR SAUCE

with home fries and mixed carrots, beans, peas and pearl onions.

LC 330g 12124

TURKEY CHILI

with white rice and mixed corn and green & red peppers.

LC LS 340g 12127

CHICKEN POT PIE

chicken and vegetables in a cream sauce topped with pastry served with green beans and carrots.

LC 355g 12135

SWEET & SOUR CHICKEN

with white rice.

LC LF 300g 12139

CHICKEN BREAST WITH BACON CHEDDAR SAUCE

with red skin potatoes and mixed vegetables.

GF LC 315g 12141

CHICKEN WITH MUSHROOM GRAVY

chicken breast with sweet potatoes and green beans.

LC LF LS 335g 12142

CHICKEN WITH HONEY BBQ SAUCE

with vegetable rice pilaf and mixed vegetables.

LC LF LS 310g

12148

COCONUT LIME CHICKEN

with white rice.

LC 300g **NEW**

12156

CHICKEN FLORENTINE PENNE

with spinach and carrots, corn, beans and peas.

LC LF 300g **NEW**

12159

CHICKEN CURRY

with green beans and rice.

LC LF LS 315g **NEW**

12163

CREAMY RANCH CHICKEN

with diced potatoes and green beans.

GF LC 325g

12165

TURKEY WITH STUFFING

with mashed potatoes and peas.

LC LF 340g

12168

BREADED CHICKEN BREAST



12057

PORK

PORK WITH STUFFING

with country-style potatoes and carrots.

LC LF LS 300g

12020

PORK

TOURTIERE MEAT PIE

ground pork & beef topped with pastry and served with peas and mixed corn and bell peppers.

355g

12073

RIB STYLE PORK CUTLET

in barbecue sauce with squash and home fried potatoes.

320g

12089

BAKED HAM

in pineapple sauce with mashed potatoes and carrots.

LC LF 295g

12115

BANGERS & MASH

with mashed potatoes, gravy and peas.

380g

12138

SEASONED PORK LOIN

with scalloped potatoes and succotash.

LC LF 310g

12143

HAM AND BROCCOLI CASSEROLE

with red-skinned potatoes and carrots.

LC 300g

12149

RIB STYLE PORK CUTLET



12089

FISH

FISH FLORENTINE

a cheese sauce over haddock fillet on a bed of spinach is served with red skinned potatoes and carrots.

LC LF LS 325g **12003**

FISH & CHIPS

with mixed carrots, peas, green beans and corn.

240g **12013**

SALMON IN LEMON SAUCE

served with white rice and peas with carrots.

LC 290g **12063**

ASIAN-STYLE GLAZED SALMON

with rice and mixed vegetables.

LC LF LS 282g **12119**

FISH CAKES

with french fries, peas and carrots.

250g **12134**

CREAMED SALMON SUPREME

with rice and carrots.

LC 295g **NEW** **12162**

LEMON HERB FISH

haddock with a creamy herb sauce served with red skin potatoes and mixed carrots and green beans.

GF LC LF LS 285g **12167**



12013

VEGETARIAN & CHEESE

VEGETARIAN PASTA PRIMAVERA

with mixed orange & yellow carrots and green beans.

LC LF V 420g **10007**

CHEESE OMELET

with home fried potatoes and stewed tomatoes.

V 279g **10047**

VEGETARIAN STEW

with mashed potatoes and carrots mixed with beans.

LC LF V 415g **10060**

VEGETARIAN CHILI

with white rice.

LC LF V 350g **10062**

VEGETARIAN DHAL

a mild lentil curry with basmati rice, carrots and zucchini.

GF LC LF V 335g **10063**

VEGETABLE LASAGNA

with peas & pearl onions and mixed corn and green & red peppers.

LC V 365g **12021**

VEGETARIAN & CHEESE

MACARONI & CHEESE

with mixed vegetables.

V 310g

12079

CHANA MASALA

with rice.

LC LF V 340g

12131

VEGETARIAN TOFU STEW

with white rice and green beans.

LC LF V 385g

12137

VEGETABLE AND LENTIL POT PIE

with diced squash and green beans.

LC V 315g

12152

BROCCOLI, MUSHROOM AND RICE CASSEROLE

with green beans and carrots.

LC 330g

12153

TOFU TERIYAKI

with rice and edamame.

LC LF V 305g **NEW**

12155

SPAGHETTI WITH TOMATO SAUCE

topped with mozzarella cheese and
with carrots and green & yellow beans.

LC LF V 375g **NEW**

12158

VEGETARIAN DHAL



10063

GLUTEN-FREE

VEGETARIAN DHAL

a mild lentil curry with basmati rice, carrots and zucchini.

GF LC LF V 335g 10063

CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with red skin potatoes and mixed vegetables.

GF LC 315g 12141

TRADITIONAL POT ROAST

with country-style potatoes, carrots and green & yellow beans.

GF LC LF 286g 12164

CREAMY RANCH CHICKEN

with diced potatoes and green beans.

GF LC 325g 12165

LEMON HERB FISH

haddock with a creamy herb sauce served with red skin potatoes and mixed carrots and green beans.

GF LC LF LS 285g 12167

apetito offers some additional entrées which are gluten-free, lactose-free, low sodium and have controlled levels of potassium & phosphorus. Check under our “Special Diet” category on page 19.

SOUP

BEEF BARLEY SOUP

LC LF LS 200g 93007

CREAM OF CAULIFLOWER SOUP

LC V 200g 93012

CHICKEN NOODLE SOUP

LC LS 200g 93013

MINISTRONE SOUP

LC LF LS V VEGAN 200g 93014

COUNTRY VEGETABLE SOUP

LC LF LS V VEGAN 200g 93015

CREAM OF POTATO & CHIVE SOUP

LC V 200g 93017

CREAM OF BROCCOLI SOUP

LC V 200g 93019

CREAM OF MUSHROOM SOUP

LC V 200g 93020

RICE AND TURKEY SOUP

LC LF LS 200g 93022

CREAM OF TOMATO SOUP

LC V 200g 93023

CREAM OF GREEN SPLIT PEA SOUP

LC V 200g 93024

TURKEY NOODLE SOUP

LC LS 200g 93045

CANADIAN SPLIT PEA SOUP

LC LF LS 200g 93046

ITALIAN WEDDING SOUP

LC LS 200g 93047

SOUP

BROCCOLI & CHEESE SOUP

LC LF LS V 200g 93048

CREAM OF CHICKEN SOUP

LC 200g 93050

SQUASH SOUP

LC V 200g 93063

CHICKEN NOODLE LS

low sodium

LS 160g 93346

MINISTRONE SOUP LS

low sodium

LC LF LS 160g 93347

TOMATO LENTIL LS

low sodium

LC LF LS V VEGAN 160g 93348

COUNTRY VEGETABLE LS

low sodium

LC LF LS V VEGAN 160g 93349

CREAM OF TOMATO SOUP



93023

BREAKFAST

ORANGE JUICE

LC LF LS V VEGAN 07085

APPLE JUICE

LC LF LS V VEGAN 07086

RAISIN BRAN MUFFIN

V 100g 08009

CARROT MUFFIN

V 100g 08018

CREAM OF WHEAT CEREAL

LC LF LS V 180g 94000

OATMEAL

LC LF LS V 180g 94001

DESSERT

LOW SUGAR CHOCOLATE MOUSSE

also suitable for a pureed diet.

LC 90g 09011

LOW SUGAR STRAWBERRY MOUSSE

also suitable for a pureed diet.

LC LS 90g 09021

LOW SUGAR TANGERINE MOUSSE

also suitable for a pureed diet.

LC LS 90g 09041

BUTTER TART

90g 14008

CARROT CAKE

V 95g 14009

DESSERT

APPLE CRISP

LS V 95g 14011

PEACH COBBLER

LS V 132g 14012

RICE PUDDING

LC LF LS V 150g 14013

CHERRY COBBLER

LC LS V 120g 14014

FRUIT COCKTAIL

LC LF LS V VEGAN 115g 14016

CHERRY STREUSEL

LS V 83g 14026

LEMON TART

85g 14056

BANANA CAKE

V 66g 14058

CHEESECAKE

NAS V 40g 14076

PECAN TART

LS 90g 14077

RASPBERRY TART

85g 14080

STRAWBERRY SWIRL CHEESECAKE

V 74g 14091

STRAWBERRY SHORTCAKE

V 60g 14092

DESSERT

LEMON LAYER CAKE

V 60g 14093

CHOCOLATE FUDGE CAKE

V 60g 14094

STICKY TOFFEE PUDDING

V 60g 14095

ORANGE LAYER CAKE

V 60g 14096

CHOCOLATE BROWNIE

NAS V 46g **NEW** 14017

BLUEBERRY CAKE

NAS V 40g 14313

APPLE CRISP



14011

SPECIAL DIET

Suitable for Gluten-Free, Lactose-Free, Low Sodium and Controlled Potassium & Phosphorus.

APPLE PORK

with white rice, green beans and squash.

GF LC LF LS 300g 10012

BEEF & VEGETABLE CASSEROLE

with white rice and peas.

GF LS 275g 10017

HERBED FISH

with white rice and peas.

GF LC LF LS 278g 10018

HAWAIIAN CHICKEN

with white rice and carrots.

GF LC LF LS 310g 10020

TURKEY WITH GRAVY

with white rice, green beans and squash.

GF LC LF LS 270g 10021

CHICKEN WITH GRAVY

with white rice and green beans.

GF LC LF LS 285g 10033

POT ROAST BEEF

with white rice and peas.

GF LC LS 255g 10054

MINCED

BEEF DINNER

with mashed potatoes and minced peas.

LC LF 365g 17001

APPLE BRAISED PORK

with mashed potatoes and minced green beans.

LC LS 380g 17002

HAM

with mashed potatoes and minced yellow beans.

LC LF 335g 17003

CHICKEN À LA KING

with mashed potatoes and minced carrots.

LC LF LS 375g 17004

TURKEY DINNER

with mashed potatoes and minced mixed vegetables.

LC LF 345g 17005

PESTO CHICKEN

with cheddar potatoes and minced mixed vegetables.

LC LF LS 360g 17006

PASTA PRIMAVERA

with mashed potatoes and minced peas.

LC LF V 400g 17009

BEEF STEW

with mashed potatoes and minced carrots.

LC LF LS 420g 17010

MINCED

HONEY DIJON PORK

with mashed potatoes and minced green beans.

LC LF LS 355g **17012**

VEGETARIAN STEW

with mashed potatoes and minced peas.

LC LF LS V 320g **17013**

SWEET AND SOUR CHICKEN

with mashed potatoes and minced peas.

LC LF LS 300g **17014**

PUREED

CHICKEN À LA KING

with mashed potatoes and carrot puree.

LC 410g **16001**

LASAGNA

with pureed broccoli and pureed carrots.

LC LF 300g **16002**

APPLE BRAISED PORK

with sweet potatoes and green bean puree.

LC 410g **16003**

MACARONI & CHEESE

with mashed potatoes and broccoli puree.

410g **16004**

SHEPHERD'S PIE

with mashed potatoes, peas and carrot puree.

LC 460g **16005**

PUREED

TURKEY DINNER

with mashed potatoes, squash and pumpkin puree.

LC 360g **16006**

BEEF & VEGETABLE CASSEROLE

with mashed potatoes and broccoli puree.

LC 410g **16007**

POT ROAST BEEF

with mashed potatoes and carrot puree.

LC LS 360g **16009**

SWEET & SOUR CHICKEN

with mashed potatoes and mixed vegetable puree.

LC 410g **16011**

MEATLOAF

with mashed potatoes, squash and pumpkin puree.

LC 410g **16016**

LEMON HERB FISH

with mashed potatoes, and mixed vegetable puree.

410g **16017**

CHICKEN CACCIATORE

with mashed potatoes and peas puree.

LC LF 425g **16018**

SPAGHETTI BOLOGNESE

with mashed potatoes and green bean puree.

LC 415g **16020**

TURKEY CASSEROLE

with mashed potatoes and green beans puree.

LC 410g **16021**

PUREED

CREAMED SALMON

with mashed potatoes and spinach puree.

LC 350g

16023

THICKENED SOUP

BROCCOLI

puree of broccoli.

LF 160g

13053

CARROT

puree of carrot.

160g

13054

CAULIFLOWER

puree of cauliflower.

160g

13055

CHICKEN NOODLE

puree of chicken, celery, carrots and egg noodles.

LF 160g

13056

MUSHROOM

puree of mushroom.

160g

13057

TOMATO BEEF

puree of tomato, beef, potatoes and carrots.

LF 160g

13058

THICKENED CARROT SOUP



13054

NOTES

All items detailed in this brochure are subject to availability and may change periodically.

apetito Canada Limited
Brampton, ON L6T 3Y3

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