

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.

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LC LF 355g 12087

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## MEAT LASAGNA

with mixed orange & yellow carrots and green beans.

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350g 12092

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## SHEPHERD'S PIE

with peas and carrots.

---

LC LF LS 375g 12108

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# BEEF

## ITALIAN-STYLE BREADED VEAL

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

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**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.

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**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.

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**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.

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**GF LC LF LS** 278g **10018**

---

## HAWAIIAN CHICKEN

with white rice and carrots.

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**GF LC LF LS** 310g **10020**

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## 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.

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**GF LC LS** 255g **10054**

---

# MINCED

## BEEF DINNER

with mashed potatoes and minced peas.

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**LC LF** 365g 17001

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## 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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**apetito**