



## FROZEN MEALS SERVICE



**MENU**

Effective: February 2, 2015

# WELCOME TO OUR MENU

We understand that you may not always want to cook your own meals every day, together with going to the grocery store, getting the right ingredients and even cooking the meal itself. Our menu is full of tempting dishes to help you enjoy a well-balanced meal every day. Even if you have to follow a special diet, we have lots of affordable, nutritious and tasty meal options.

Our menu provides complete meals, soups and desserts that are delivered to your home. The meals are frozen to preserve freshness. All of the items on the menu are made with a focus on nutrition. Most of them are diabetic friendly, low in fat, calories and sodium. We have a number of low sodium soup options and a few desserts that are made with low 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 lactose and gluten free and suitable for a renal diet. In addition, we offer a range of complete meals and soups for a minced and pureed diet. We hope you enjoy browsing through the menu. You can place your order whenever you are ready.

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## WHAT'S ON THE MENU?

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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.

**D** **SUITABLE FOR A DIABETIC DIET.**

Try these, along with your dietitian's recommendations.

**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 they may contain dairy such as milk, vegetarian cheese and eggs.

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

**12119** **ASIAN GLAZED SALMON** on a bed of shredded cabbage with white rice.

**D LC LF LS**



# 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."

M6A 3E6

March 25, 2013

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.

**D LS** 12005

## BEEF STEW

with squash and mashed potatoes.

**D LC LF LS** 12008

## TRADITIONAL POT ROAST

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

**D LS** 12010

## SALISBURY STEAK

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

**D LC** 12017

## CHOPPED SWISS STEAK

in tomato gravy with squash and mashed potatoes.

**D LC LS** 12046

## MEATLOAF IN MUSHROOM GRAVY

with mashed potatoes, green & yellow beans and carrots.

**D LC LF** 12062

## LIVER & ONIONS

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

**D** 12087

## MEAT LASAGNA

with mixed orange & yellow carrots and green beans.

**D** 12092

# BEEF

## BEEF IN BLACK BEAN SAUCE

beef pieces in black bean garlic sauce with vegetable fried rice.

**D LC**

**NEW**

**12095**

## GINGER BEEF

beef cooked in ginger sauce with vegetable chow mein and broccoli.

**D**

**NEW**

**12096**

## SHEPHERD'S PIE

with peas and carrots.

**D LC**

**12108**

## VEAL PARMIGIANA

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

**D**

**12109**

## SPAGHETTI BOLOGNESE

with carrots.

**D LC LF LS**

**12111**

## STEAK & MUSHROOM PIE

with mixed carrots, beans, peas and pearl onions.

**D LC**

**12118**

## MEATBALLS IN GRAVY

with mashed potatoes and carrots.

**D**

**12125**

## VEAL GOULASH

with red skin potatoes and mashed turnip.

**D LC LF**

**12128**

# BEEF

## BEEF STROGANOFF

over egg noodles with peas and red pepper.

**D LS**

**12130**

## SLICED BEEF WITH ONION GRAVY

with mashed potatoes, peas and carrots.

**D LS**

**12132**

## BEEF CURRY

with seasoned white rice and peas.

**D GF**

**NEW**

**12140**

## MEATLOAF IN MUSHROOM GRAVY



**12062**



# CHICKEN & TURKEY

## CHICKEN À LA KING

with carrots and mashed potatoes.

**D LC LS** 12001

## TURKEY WITH STUFFING & CRANBERRY SAUCE

with peas and mashed potatoes.

**D LC LF LS** 12007

## COUNTRY CHICKEN

in a brown gravy with mashed potatoes, stuffing and carrots.

**D LC LF LS** 12032

## BREADED CHICKEN BREAST

on top of caesar sauce on a red pepper rice pilaf with green & yellow beans and carrots.

**D LC** 12057

## CHICKEN CACCIATORE

with mashed potatoes, zucchini and carrots.

**D LC LF** 12078

## ROAST CHICKEN

bone-in chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.

**D** 12090

## LEMON CHICKEN

chicken breast in lemon sauce with with white rice, sugar snap peas and mushrooms.

**D LC LF LS** **NEW** 12094

## BREADED CHICKEN FINGERS

with french fries, peas and carrots.

**D** 12113

# CHICKEN & TURKEY

## GENERAL TSO'S CHICKEN

sweet and sour boneless chicken with vegetable fried rice and bok choy.

**D** **NEW** 12114

## CHICKEN STEW

with mashed turnip and garlic buttered spinach.

**D LC** 12116

## CHICKEN BREAST WITH WHITE CHEDDAR & BROCCOLI SAUCE

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

**D LC LF** 12124

## TURKEY CHILI

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

**D LC LF LS** 12127

## CHICKEN POT PIE

chicken, carrots, peas and mushrooms in a cream sauce topped with pastry is served with green beans and carrots.

**D LC LS** 12135

## SWEET & SOUR CHICKEN

with white rice.

**D LC LF LS** 12139

## CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with rosemary potatoes and mixed vegetables

**D GF LC** **NEW** 12141

## HERBED CHICKEN WITH MUSHROOM GRAVY

herbed chicken breast with sweet potatoes and French style green beans

**D GF LC LF LS** **NEW** 12142

## CHICKEN STEW



12116

## PORK

### PORK WITH STUFFING

with mashed potatoes and carrots.

**D LS**

12020

### TOURTIERE MEAT PIE

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

**D**

12073

### BBQ RIB STYLE PORK CUTLET

with squash and home fried potatoes.

**D LC**

12089

### CHAR SIU BBQ PORK

barbecued pork loin with rice, sugar snap peas and mushrooms.

**D LF**

**NEW**

12097

### BAKED HAM

in pineapple sauce with cheese on top, mashed potatoes and carrots.

**D LC**

12115

### EGG & BACON BRUNCH

scrambled eggs, peameal bacon with home fried potatoes and apple sauce.

**D LC**

12120

# PORK

## APPLE BRAISED PORK

with stuffing, mashed sweet potatoes and green beans.

**D LC LF**

**12129**

## CRUMBLIED SAUSAGE PENNE

with yellow peppers and mixed zucchini, cauliflower, carrots and celery.

**D LC**

**12133**

## COUNTRY STYLE PORK CASSEROLE

with sweet potatoes and green beans.

**D LC**

**12136**

## BANGERS & MASH

with mashed potatoes, gravy and peas.

**D**

**12138**

## SEASONED PORK LOIN

with succotash and scalloped potatoes.

**D GF LC LS**

**NEW RECIPE**

**12143**

## APPLE BRAISED PORK



**12129**

# FISH

## FISH FLORENTINE

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

**D LC LS**

**12003**

## FISH AND CHIPS

with mixed carrots, peas, green beans and corn.

**D**

**12013**

## LEMON HERB FISH

haddock with a herb paste is served with home fried potatoes and mixed corn and green & red peppers.

**D LC LS**

**12031**

## SALMON IN LEMON SAUCE

on a bed of white rice with peas, carrots and mashed turnip.

**D LC LF LS**

**12063**

## FISH IN BLACK BEAN SAUCE

haddock fillet in black bean garlic sauce with white rice and bok choy.

**D LC LF**

**NEW**

**12098**

## ASIAN GLAZED SALMON

on a bed of shredded cabbage with white rice.

**D LC LF LS**

**12119**

## CREAMED SALMON

salmon with corn, peas and carrots in a cream sauce is served with mashed potatoes and carrots.

**D LC**

**12126**

## FISH CAKES

with tartar sauce, french fries, peas and red pepper.

**D**

**12134**

# FISH

## FISHERMAN'S PIE

diced salmon, peas and white cheddar sauce under a bed of hash browns, served with carrots.

**D GF LC**

**NEW**

**12144**

## FISH FLORENTINE



**12003**

# VEGETARIAN

## VEGETARIAN CHILI

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

**D LC LF V VEGAN**

**10004**

## VEGETARIAN DHAL

a mild lentil curry with seasoned white rice, carrots and zucchini.

**D LC LF V VEGAN**

**10006**

## VEGETARIAN PASTA PRIMAVERA

with mixed orange & yellow carrots and green beans.

**D LC LF V VEGAN**

**10007**

## VEGETARIAN STEW

with mashed potatoes and squash.

**D LC LF LS V VEGAN**

**10009**

# VEGETARIAN

## CHEESE & POTATO PEROGIES

in a sour cream ranch sauce with carrots and spinach & sauerkraut.

**D LC LF V** 10046

## CHEESE OMELET

with home fried potatoes and stewed tomatoes.

**D V** 10047

## VEGETABLE LASAGNA

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

**D V** 12021

## MACARONI & CHEESE

with stewed tomatoes and mixed carrots, beans, peas and pearl onions.

**D LC V** 12079

## VEGETABLE CHOW MEIN

with stir fried vegetables.

**D V VEGAN** **NEW** 12121

## CHANA MASALA

a mild chick pea curry with seasoned white rice.

**D LC LF LS V VEGAN** 12131

## VEGETARIAN TOFU ORIENTAL

with white rice and green beans.

**D LC LF LS V VEGAN** 12137

## VEGETABLE LASAGNA



12021

# GLUTEN-FREE

## BEEF CURRY

with seasoned white rice and peas.

**D GF** **NEW** **12140**

## CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with rosemary potatoes and mixed vegetables.

**D GF LC** **NEW** **12141**

## HERBED CHICKEN WITH MUSHROOM GRAVY

herbed chicken breast with sweet potatoes and French style green beans.

**D GF LC LF LS** **NEW** **12142**

## SEASONED PORK LOIN

with succotash and scalloped potatoes

**D GF LC LS** **NEW RECIPE** **12143**

## FISHERMAN'S PIE

diced salmon, peas and white cheddar sauce under a bed of hash browns, served with carrots.

**D GF LC** **NEW** **12144**

apetito offers some additional entrees which are gluten-free in addition to lactose-free, low sodium and suitable for renal diets under our "Special Diet" category on page 20.



# SOUP

## BEEF BARLEY SOUP

D LC LF LS **NEW RECIPE** 93007

## CREAM OF CAULIFLOWER SOUP

D LC V **NEW** 93012

## CHICKEN NOODLE SOUP

D LC LS **NEW RECIPE** 93013

## MINISTRONE SOUP

D LC LF LS V VEGAN **NEW RECIPE** 93014

## COUNTRY VEGETABLE SOUP

D LC LF LS V VEGAN **NEW RECIPE** 93015

## CREAM OF POTATO & CHIVE SOUP

D LC V **NEW** 93017

## CREAM OF BROCCOLI SOUP

D LC V **NEW** 93019

## CREAM OF MUSHROOM SOUP

D LC V **NEW** 93020

## TURKEY RICE SOUP

D LC LF LS **NEW** 93022

## CREAM OF TOMATO SOUP

D LC V **NEW RECIPE** 93023

## CREAM OF GREEN SPLIT PEA SOUP

D LC V **NEW** 93024

## TURKEY NOODLE SOUP

D LC LS **NEW** 93045

## CANADIAN SPLIT PEA SOUP

D LC LF LS **NEW** 93046

## ITALIAN WEDDING SOUP

D LC LS **NEW** 93047

# SOUP

## BROCCOLI & CHEESE SOUP

**D LC LS V** **NEW** 93048

## CREAM OF CHICKEN SOUP

**D LC** **NEW** 93050

## SQUASH SOUP

**D LC V** 93063

## CHICKEN NOODLE

low sodium

**D LC LF LS** 93346

## MINISTRONE

low sodium

**D LC LF LS** 93347

## TOMATO LENTIL

low sodium

**D LC LF LS V VEGAN** 93348

## COUNTRY VEGETABLE

low sodium

**D LC LF LS V VEGAN** 93349

## COUNTRY VEGETABLE SOUP



93015

# BREAKFAST

## ORANGE JUICE

**D LC LF LS V VEGAN** 07085

## APPLE JUICE

**D LC LF LS V VEGAN** 07086

## CARROT MUFFIN

**V** 08003

## RAISIN BRAN MUFFIN

**V** 08004

## CREAM OF WHEAT CEREAL

**LC LF LS V** 94000

## OATMEAL

**LC LF LS V** 94001

# DESSERT

## LOW SUGAR CHOCOLATE MOUSSE

also suitable for a pureed diet.

**D LC** 09011

## LOW SUGAR STRAWBERRY MOUSSE

also suitable for a pureed diet.

**D LC LS** 09021

## LOW SUGAR TANGERINE MOUSSE

also suitable for a pureed diet.

**D LC LS** 09041

## OATMEAL

**V** 14003

## TRIPLE BERRY CRUMBLE

**V** 14007

# DESSERT

## BUTTER TART

V 14008

## CARROT CAKE

V 14009

## APPLE CRISP

D LS V 14011

## PEACH COBBLER

D V 14012

## RICE PUDDING

D LC LF LS V 14013

## CHERRY COBBLER

D V 14014

## FRUIT COCKTAIL

D LC LF LS V VEGAN 14016

## STRAWBERRY SHORTCAKE

V 14018

## CHOCOLATE FUDGE CAKE

V 14020

## VANILLA PUDDING

also suitable for a pureed diet.

LS V 14022

## LEMON TART

14056

## BANANA CAKE

V 14058

## CHEESECAKE

D V 14076

# DESSERT

## PECAN PIE

14077

## LEMON LAYER CAKE

V

14078

## RASPBERRY TART

14080

## ORANGE LAYER CAKE

V

14081

## STICKY TOFFEE PUDDING

V

14082

## STRAWBERRY SWIRL CHEESECAKE

NEW

14091

## BLUEBERRY CAKE

D LC

14313

## CHOCOLATE PEAR CAKE

D LC

14314

## CHOCOLATE FUDGE CAKE



14020

# SPECIAL DIET

Suitable for Renal, Gluten-Free,  
Lactose-Free + Low Sodium

## APPLE PORK

with white rice, green beans and  
squash.

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**D LC LF LS** 10012

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## BEEF & VEGETABLE CASSEROLE

with white rice and peas.

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**D LS** 10017

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## HERBED FISH

with white rice and peas.

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**D LC LF LS** 10018

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## HAWAIIAN CHICKEN

with white rice and carrots.

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**D LC LF LS** 10020

---

## TURKEY WITH GRAVY

with white rice, green beans and  
squash.

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**D LC LF LS** 10021

---

## CHICKEN WITH GRAVY

with white rice pilaf and green beans.

---

**D LC LF LS** 10033

---

## POT ROAST BEEF

with white rice, green beans and  
squash.

---

**D LS** 10054

---

# SPECIAL DIET

## APPLE PORK



10012

## MINCED

### BEEF DINNER

with mashed potatoes and minced peas.

**D LC LF**

**17001**

### APPLE BRAISED PORK

with mashed potatoes and minced green beans.

**D LC LS**

**17002**

### HAM

with mashed potatoes and minced yellow beans.

**D LC LF**

**17003**

# MINCED

## CHICKEN À LA KING

with mashed potatoes and minced green beans.

**D LC LF LS**

**17004**

## TURKEY DINNER

with mashed potatoes and minced mixed vegetables.

**D LC LF**

**17005**

## PESTO CHICKEN

with cheddar potatoes and minced mixed vegetables.

**D LC**

**NEW**

**17006**

## PASTA PRIMAVERA

with mashed potatoes and minced peas.

**D LC LF V**

**17009**

## BEEF STEW

with mashed potatoes and minced carrots.

**D LC LF LS**

**17010**

## HONEY DIJON PORK

with cheddar potatoes and minced mixed vegetables.

**D LC LS**

**NEW**

**17012**

## VEGETARIAN STEW

with mashed potatoes and minced mixed vegetables.

**D LC LF LS V**

**NEW**

**17013**



# PUREED

## CHICKEN À LA KING

with mashed potatoes and carrot puree.

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**D LC** **16001**

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## APPLE BRAISED PORK

with sweet potatoes and green bean puree.

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**D LC** **16003**

---

## MACARONI & CHEESE

with mashed potatoes and broccoli puree.

---

**D LC** **16004**

---

## SHEPHERD'S PIE

with mashed potatoes, peas and carrot puree.

---

**D LC** **16005**

---

## TURKEY DINNER

with mashed potatoes and squash puree.

---

**D LC** **16006**

---

## BEEF & VEGETABLE CASSEROLE

with mashed potatoes and broccoli puree.

---

**D LC** **16007**

---

# PUREED

## POT ROAST BEEF

with mashed potatoes and carrot puree.

**D LC LS** 16009

## SWEET & SOUR CHICKEN

with mashed potatoes and mixed vegetable puree.

**D LC** 16011

## MEATLOAF

with mashed potatoes, squash and pumpkin puree.

**D LC** **NEW** 16016

## LEMON HERB FISH

with mashed potatoes and mixed vegetable puree.

**D LC** 16017

## CHICKEN CACCIATORE

with mashed potatoes and peas puree.

**D LC LF** 16018

## SPAGHETTI BOLOGNESE

with mashed potatoes and green bean puree.

**D LC** **NEW** 16020

## TURKEY CASSEROLE

with mashed potatoes and green beans puree.

**D LC** 16021

## CREAMED SALMON

with mashed potatoes and spinach puree.

**D LC** 16023

# THICKENED SOUP

## BROCCOLI

puree of broccoli.

**D LC**

**13053**

## CARROT

puree of carrot.

**D LC**

**13054**

## CAULIFLOWER

puree of cauliflower.

**D LC**

**13055**

## CHICKEN NOODLE

puree of chicken, celery, carrots and egg noodles.

**D LC LF**

**13056**

## MUSHROOM

puree of mushroom.

**D LC**

**13057**

## TOMATO BEEF

puree of tomato, beef, potatoes and carrots.

**D LC LF**

**13058**

## THICKENED CARROT SOUP



**13054**







**apetito**

apetito Canada Limited  
Brampton, ON L6T 3Y3