

BEEF

12005 Macaroni Meat & Cheese Casserole
Ground beef in tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots.
DLS

12008 Beef Stew
with squash and mashed potato.
DLC LF

12010 Traditional Pot Roast
with country-style potatoes, carrots and green & yellow beans.
DLS

12017 Salisbury Steak
with mushroom gravy, home fried potatoes and mixed carrots, beans, peas and pearl onions.
DLC

12046 Chopped Swiss Steak
in tomato gravy with squash and mashed potato.
DLC LS

12062 Meatloaf in Mushroom Gravy
with mashed potato, green & yellow beans and carrots.
DLC LF

12087 Liver & Onions
with mashed potato and mixed carrots, beans, peas and pearl onions.
D

12092 Meat Lasagna
with mixed orange & yellow carrots and green beans.
D
8

12108 Shepherd's Pie
with peas and carrots.
DLC

12109 Veal Parmigiana
topped with tomato sauce and cheese, served with peas, carrots and mashed potato.
D

12111 Spaghetti Bolognese
with carrots.
DLC LF

12118 Steak & Mushroom Pie
with mixed carrots, beans, peas and pearl onions.
DLC

NEW **12125 Meatballs in Gravy**
with mashed potato and carrots.
DLC

NEW **12128 Veal Goulash**
with red skin potatoes and mashed turnip.
DLC LF

IMPROVED **12130 Beef Stroganoff**
over egg noodles with peas and red pepper.
DLS

NEW **12132 Sliced Beef with Onion Gravy**
with mashed potato, peas and carrots.
DLS

MEATLOAF IN MUSHROOM GRAVY



CHICKEN & TURKEY

12001 Chicken à la King
with carrots and mashed potato.
D LC LS

12007 Turkey with Stuffing & Cranberry Sauce
with peas and mashed potato.
D LC LF LS

12032 Country Chicken
in a brown gravy with mashed potato, stuffing and carrots.
D LC LF LS

12057 Breaded Chicken Breast
on top of caesar sauce on a red pepper rice pilaf with green & yellow beans and carrots.
D LC

12078 Chicken Cacciatore
with mashed potato, zucchini and carrots.
D LC LF LS

12090 Roast Chicken
bone-in chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.
D

12113 Breaded Chicken Fingers
with french fries, peas and carrots.
D

12116 Chicken Stew
with mashed turnip and garlic buttered spinach.
D LC

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NEW

12124 Chicken Breast with White Cheddar & Broccoli Sauce
with roasted potatoes and mixed carrots, beans, peas and pearl onions.
D LC LF

NEW

12127 Turkey Chili
with white rice and mixed corn and green & red peppers.
D LC LF LS

IMPROVED

12135 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

IMPROVED

12139 Sweet & Sour Chicken
with white rice.
D LC LF LS



BREADED CHICKEN FINGERS

CHICKEN A LA KING



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PORK

12020 Pork with Stuffing
with mashed potato and carrots.
DLS

12073 Tourtiere Meat Pie
ground pork & beef topped with pastry and served with peas and mixed corn and bell peppers.
D

12089 BBQ Rib Style Pork Cutlet
with squash and home fried potatoes.
DLC

12091 Seasoned Pork Loin with Gravy
with succotash and country-style potatoes.
DLS

12115 Baked Ham
in pineapple sauce with cheese topped mashed potato and carrots.
DLC LF

12120 Egg & Bacon Brunch
scrambled egg, peameal bacon with home fried potatoes and apple sauce.
DLC

NEW **12129 Apple Braised Pork**
with stuffing, mashed squash and green beans.
DLC LF

NEW **12133 Crumbled Sausage Penne**
with yellow peppers and mixed zucchini, cauliflower, carrots and celery.
DLC

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IMPROVED **12136 Country Style Pork Casserole**
with sweet potato and green beans.
DLC

IMPROVED **12138 Bangers & Mash**
with mashed potato, gravy and peas.
D

**EGG & BACON
BRUNCH**



FISH

12003 Fish Florentine
cheese sauce over haddock fillet on a bed of spinach is served with dill potatoes and carrots.
DLC LS

12013 Fish & Chips
with mixed carrots, peas, green beans and corn.
D

12031 Lemon Herb Fish
haddock with a herb paste is served with home fried potatoes and mixed corn and green & red peppers.
DLC

12063 Salmon in Lemon Sauce
on white rice with peas, carrots and mashed turnip.
DLC LFLS

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12119 Asian Glazed Salmon
on a bed of shredded cabbage with white rice.
DLCFLS

NEW

12126 Creamed Salmon
salmon with corn, peas and carrots in a cream sauce is served with mashed potato and carrots.
DLC

NEW

12134 Fish Cakes
with tartar sauce, french fries, peas and red pepper.
DLC LF



FISH
& CHIPS

VEGETARIAN

10004 Vegetarian Chili
with white rice and mixed corn and green & red peppers.
DLC LF V *vegan*

10006 Vegetarian Dhal
a mild lentil curry with seasoned white rice, carrots and zucchini.
DLC LF V *vegan*

10007 Vegetarian Pasta Primavera
with mixed orange & yellow carrots and green beans.
DLC LF V *vegan*

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10009 Vegetarian Stew
with mashed potato and squash.
DLC FL S V *vegan*

10046 Cheese & Potato Perogies
in a sour cream ranch sauce with carrots and spinach & sauerkraut.
DLC V

10047 Cheese Omelet
with home fried potatoes and stewed tomatoes.
D V

12021 Vegetable Lasagna
with peas & pearl onions and mixed corn and green & red peppers.
D V

12079 Macaroni & Cheese
with stewed tomatoes and mixed carrots, beans, peas and pearl onions.
DLC V

NEW

12131 Chana Masala
a mild chick pea curry with seasoned white rice.
DLC FL S V *vegan*

IMPROVED

12137 Vegetarian Tofu Oriental
with white rice and green beans.
DLC FL S V *vegan*

MACARONI
& CHEESE



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SOUP

93001 Beef Barley	DLC LF
93002 Carrot	DLC
93003 Cauliflower Cheddar	DLC
93005 Chicken Noodle	DLC LF
93006 Minestrone	DLC LF
93008 Country Vegetable	DLC LF LS V <i>vegan</i>
93009 Leek & Potato	DLC LF
93010 Broccoli	DLC
93011 Chicken & Vegetable	DLC
93016 Harvest Vegetable	DLC LF LS V <i>vegan</i>
93018 Mushroom	DLC
93021 Chicken Rice	DLC LF
93041 Tomato Cream	DLC
93042 Green Pea	DLC LF LS V
93044 Beef & Vegetable	DLC
93063 Squash	DLC V
93100 Corn & Potato Chowder	DLC
93101 Mulligatawny	DLC

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93346 Low Sodium Chicken Noodle **DLC LF LS**

93347 Low Sodium Minestrone **DLC LF LS**

93348 Low Sodium Tomato Lentil **DLC LF LS V** *vegan*

93349 Low Sodium Country Vegetable **DLC LF LS V** *vegan*

HEARTY
VEGETABLE SOUP



BREAKFAST

07077 Apple Juice **DLC LF LS V** *vegan*

07078 Orange Juice **DLC LF LS V** *vegan*

08003 Carrot Muffin **V**

08004 Raisin Bran Muffin **V**

94000 Cream of Wheat Cereal **LCLF LS V**

94001 Oatmeal **LCLF LS V**

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DESSERT

- 09011** Low Sugar Chocolate Mousse
also suitable for a pureed diet.
DLC
- 09021** Low Sugar Strawberry Mousse
also suitable for a pureed diet.
DLCLS
- 09041** Low Sugar Tangerine Mousse
also suitable for a pureed diet.
DLCLS
- 14003** Oatmeal **V**
- 14007** Triple Berry Crumble **V**
- 14008** Butter Tart **V**
- 14009** Carrot Cake **V**
- 14011** Apple Crisp **DLSV**
- 14012** Peach Cobbler **DV**
- 14013** Rice Pudding **DLC L F L S V**
- 14014** Cherry Cobbler **DV**
- 14016** Fruit Cocktail **DLC L F L S V** *vegan*
- 14018** Strawberry Shortcake **V**
- 14020** Chocolate Fudge Cake **V**

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14022 Vanilla Pudding
also suitable for a pureed diet.

LSV

14045 Cherry Cheesecake

14056 Lemon Tart

14058 Banana Cake **V**

14076 Cheesecake **DV**

14077 Pecan Pie

14078 Lemon Layer Cake **V**

14080 Raspberry Tart

14081 Orange Layer Cake **V**

14082 Sticky Toffee Pudding **V**

14313 Blueberry Cake **DLC**

14314 Chocolate Pear Cake **DLC**

NEW

CHOCOLATE
FUDGE CAKE



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SPECIAL DIET

Suitable for Renal, Gluten Free, Lactose Free & Low Sodium

10012 Apple Pork **DLCFLS**
with white rice, green beans and squash.

10017 Beef & Vegetable Casserole **DLCLS**
with white rice and peas.

10018 Herbed Fish **DLCFLS**
with white rice and peas.

10020 Hawaiian Chicken **DLCFLS**
with white rice and carrots.

10021 Turkey with Gravy **DLCFLS**
with white rice, green beans and squash.

10033 Chicken with Gravy **DLCFLS**
with white rice pilaf and green beans.

10054 Pot Roast Beef **DLS**
with white rice, green beans and squash.



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MINCED

17001 Beef Dinner **DLCFL**
with mashed potato and minced peas.

17002 Apple Braised Pork **DLCLS**
with mashed potato and minced green beans.

17003 Ham **DLCFL**
with mashed potato and minced yellow beans.

17004 Chicken à la King **DLCFLS**
with mashed potato and minced carrots.

17005 Turkey Dinner **DLCFL**
with mashed potato and minced mixed vegetables.

17009 Pasta Primavera **DLCFLV**
with mashed potato and minced peas.

17010 Beef Stew **DLCFLS**
with mashed potato and minced carrots.

PUREED

16001 Chicken à la King **DLC**
with mashed potato and carrot puree.

16003 Apple Braised Pork **DLC**
with sweet potato and green beans puree.

16004 Macaroni & Cheese **DLC**
with mashed potato and broccoli puree.

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- 16005 Shepherd's Pie** DLC
with mashed potato, peas and carrot puree.
- 16006 Turkey Dinner** DLC
with mashed potato and squash puree.
- 16007 Beef & Vegetable Casserole** DLC
with mashed potato and broccoli puree.
- 16009 Pot Roast Beef** DLC LS
with mashed potato and carrot puree.
- 16011 Sweet & Sour Chicken** DLC
with mashed potato and mixed vegetable puree.
- 16017 Lemon Herb Fish** DLC
with mashed potato and mixed vegetable puree.
- 16018 Chicken Cacciatore** DLC LF
with mashed potato and peas puree.
- 16021 Turkey Casserole** DLC
with mashed potato and green beans puree.
- 16023 Creamed Salmon** DLC
with mashed potato and spinach puree.
- 16024 Liver & Onions** DLC
with mashed potato and brussel sprout puree.

THICKENED SOUP

- 13053 Broccoli** DLC
puree of broccoli.
- 13054 Carrot** DLC
puree of carrot.
- 13055 Cauliflower** DLC
puree of cauliflower.
- 13056 Chicken Noodle** DLC LF
puree of chicken, celery, carrots and egg noodles.
- 13057 Mushroom** DLC
puree of mushroom.
- 13058 Tomato Beef** DLC LF
puree of tomato, beef, potatoes and carrots.

