

**Frozen Meals Service**

**MENU SELECTION 2010-2011**

**apetito**

# Welcome to our menu

We hope you enjoy browsing through our selection of tasty, nutritious soups, meals and desserts.

All products arrive frozen for you to store in your home freezer.



## Fish

pg. 10-11  
*5 meals to choose from.*



## Vegetarian

pgs. 11-12  
*10 meals to choose from.*



## Beef

pgs. 6-7  
*13 meals to choose from.*



## Chinese-style

pg. 12-13  
*4 meals to choose from.*



## Poultry

pgs. 7-9  
*12 meals to choose from.*



## Soups

pgs. 13-14  
*23 soups to choose from.*



## Pork

pgs. 9-10  
*9 meals to choose from.*

  


## Desserts

pgs. 15-16  
*28 desserts to choose from.*



## Breakfast

pg. 17  
*6 items to choose from.*



## Special Diet Meals

pgs. 17-18  
*7 meals to choose from.*



## Pureed & Minced

pgs. 18-20  
*20 meals to choose from.*



## Thickened Pureed Soups

pg. 21  
*6 soups to choose from.*



## Pureed Desserts

pg. 21  
*4 desserts to choose from.*

# Diet Guide

## **R** Regular

You can choose freely from all the items in this menu unless you have to follow one of the diets listed below.

## **D** Diabetic

All meals and soups are suitable. Dessert items contain artificial sweetener. Refer to website for carbohydrate content.

## **LF** Low Fat

Items contain 3g or less of fat per 100g.

## **LC** Low Calorie

Items contain 120 calories or less per 100g.

## **LS** Low Sodium

Items contain less than 140 mg of sodium per 100g.

## **V** Vegetarian

Items do not contain meat, fish or poultry in their ingredients. They may contain dairy products, such as milk, eggs or vegetarian cheese.

## **(Vegan)**

Vegetarian items that do not contain milk or egg products.

Full nutritional information is available on the Internet at [www.homemeals.ca](http://www.homemeals.ca)

# Beef

## Beef Stew

R D LF LC

with diced squash and mashed potatoes

## Beef Stroganoff

R D

served over noodles with green beans and beets

## Chopped Swiss Steak

R D LC LS

simmered in sauce and served with squash and mashed potatoes

## Liver & Onions

R D

tender beef liver topped with sauteed onions and bacon pieces, served with mashed potatoes and a vegetable medley of baby carrots, peas, yellow beans and pearl onions

## Macaroni, Meat & Cheese Casserole

R D LS

ground beef in a tomato sauce, topped with macaroni and cheese and served with a mix of green beans, yellow beans and baby carrots

## Meat Lasagna

R D

served with a mix of orange & yellow carrots and green beans

## Meatloaf in Mushroom & Wine Sauce

R D LF LC

with mashed potatoes, green & yellow beans and baby carrots

## Salisbury Steakette

R D LC

in mushroom gravy with home fries and a vegetable medley of baby carrots, yellow beans, peas and pearl onions

IMPROVED

## Shepherd's Pie

R D LC

served with peas and diced carrots

NEW

## Spaghetti Bolognese

R D LF LC

served with carrot sticks

IMPROVED

## Steak & Mushroom Pie

R D LC

served with yellow beans, baby carrots, peas and pearl onions

## Traditional Pot Roast

R D LS

with country style potatoes, carrots and beans

NEW

## Veal Parmigiana

R D

breaded veal cutlet topped with tomato sauce and cheese, served with peas, carrots and mashed potatoes

# Poultry

## Breaded Chicken Breast

R D LC

with Caesar sauce on rice, served with green & yellow beans and carrots

NEW

## Breaded Chicken Fingers

R D

with French fries, peas and carrots

**NEW**

## Butter Chicken

**R D LS**

served with basmati rice with sultanas and coriander

## Chicken à la King

**R D LC LS**

with carrots and mashed potatoes

**IMPROVED**

## Chicken Cacciatore

**R D LF LC LS**

with mashed potatoes, zucchini and carrots

**IMPROVED**

## Chicken Pot Pie

**R D LC LS**

Tender pieces of chicken with carrots, peas and mushrooms in a creamy sauce topped with pastry, served with green beans and baby carrots

## Chicken Souvlaki

**R D LF LC LS**

served with rice, squash and lemon potatoes

**NEW**

## Chicken Stew

**R D LC**

with mashed turnips and garlic-buttered spinach

## Country Chicken

**R D LF LC LS**

simmered in a mild creamy sauce served with stuffing, mashed potatoes and carrots

## Roast Chicken

**R D**

roast chicken thigh on the bone, served with a dipping sauce, fries and a mix of carrots, corn, green beans and peas

## Sweet & Sour

### Chicken

**R D LF LC LS**

with rice and glazed Chinese-style vegetables

**IMPROVED**

## Turkey with Stuffing & Cranberry Sauce

**R D LF LC LS**

with peas and mashed potatoes

# Pork

## Pork with Stuffing

**R D LS**

served with mashed potatoes and carrots

**IMPROVED**

## Baked Ham

**R D LF LC**

in a pineapple sauce with cheese-topped mashed potatoes and carrot sticks

## Seasoned Pork

### Loin with Gravy

**R D LS**

served with succotash and country-style potatoes

**NEW**

## Country Style

### Pork Casserole

**R D LC**

diced pork and potato cooked in an apple flavour sauce served with green beans and savoury sweet potato

## BBQ Rib-Style Pork Cutlet

**R D LC**

with squash and home fries

**Bangers and Mash** **R D**  
with gravy, peas and yellow beans

**NEW**  
**Egg & Bacon Brunch** **R D LC**  
scrambled egg and peameal bacon with home fries and warm apple sauce

**NEW**  
**Italian Sausage Pasta** **R D LC LS**  
mild sausage on pasta served with a mix of cauliflower florets, Italian-style beans, carrots, zucchini and celery

**Tourtiere Meat Pie** **R D**  
ground pork and beef topped with pastry and served with peas and corn mixed with peppers

## Fish

**NEW**  
**Asian Glazed Salmon** **R D LF LC LS**  
on a bed of shredded Napa cabbage and served with white rice

**Fish & Chips** **R D**  
with a vegetable mix of carrots, peas, green beans and corn

**Fish Florentine** **R D LC LS**  
mild fish fillet with cheese sauce and spinach served with dill potatoes and carrots

**Lemon Herb Fish** **R D LC**  
mild fish fillet coated in a herb topping served with home fried potatoes and corn mixed with peppers

**Salmon in Lemon Sauce** **R D LF LC LS**  
fillet of salmon on rice with a creamy lemon sauce served with peas, carrots and turnip

## Vegetarian

**Macaroni & Cheese** **R D LC V**  
featuring a genuine three-cheese sauce served with stewed tomatoes and mixed vegetables of carrots, peas, green beans and corn

**Vegetable Lasagna** **R D V**  
layered with spinach, tomato and three cheeses, served with corn mixed with peppers and peas with pearl onions

**Vegetarian Dhal** **R D LF LC V**  
(vegan)  
a lentil based mild curry dish served with Basmati rice, carrots and zucchini

**Vegetarian Chili** **R D LF LC V**  
(vegan)  
with rice and corn with peppers

IMPROVED

## Vegetable Curry

R D LC V

(vegan)

with rice and a mix of cauliflower and green beans.

## Vegetarian

### Pasta Primavera

R D LF LC V

(vegan)

served with orange & yellow carrots and green beans

NEW

## Cheese & Potato

### Perogies

R D LC V

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

## Cheese Omelet

R D

served with home fried potatoes and stewed tomatoes

## Vegetarian Stew

R D LF LC LS V

(vegan)

served with mashed potatoes and diced squash

## Vegetarian

### Tofu Oriental

R D LC V

(vegan)

with rice and green beans

# Chinese-style

## Chicken with

### Water Chestnuts

R D LC

served with steamed rice and mixed vegetables

## Ginger Chicken

R D LC

served with vegetable fried rice and mixed vegetables

## Pineapple Chicken

R D

served with vegetable fried rice

## Pork Chow Mein

R D LC

served with steamed rice and mixed vegetables

# Soups

## Beef Barley

R D LF LC

## Vegetable Beef

R D LC

## Cream of Broccoli

R D LC

## Cream of Carrot

R D LC

## Cream of Cauliflower

### Cheddar

R D LC

## Chicken Noodle

R D LF LC

## Chicken Rice

R D LF LC

## Chicken Vegetable

R D LC

## Country Vegetable

R D LF LC V

(vegan)

## French Onion

R D LC

Cream of  
Green Pea

R D LF LC LS V

Harvest Vegetable

R D LF LC V

(vegan)

Cream of Leek & Potato

R D LF LC

Minestrone

R D LF LC

Cream of Mushroom

R D LC

**NEW**  
Corn and Potato Chowder

R D LC

Tomato Cream

R D LC

**NEW**  
Mulligatawny

R D LC

Cream of  
Butternut Squash

R D LC V

Low Sodium  
Chicken Noodle

R D LF LC LS

Low Sodium  
Country  
Vegetable

R D LF LC LS V

(vegan)

Low Sodium  
Minestrone

R D LF LC LS

Low Sodium  
Tomato Lentil

R D LF LC LS V

(vegan)

## Desserts

Banana Cake

R V

**NEW**  
Cheesecake

R D V

Butter Tart

R V

Carrot Cake

R V

Cherry Cheesecake

R

Chocolate Fudge Cake

R V

Lemon Tart

R

**NEW**  
Lemon Layer Cake

R V

Oatmeal Date

R V

Mini Chocolate Macaroons

R LS V

Strawberry Shortcake

R V

**NEW**  
Orange Layer Cake

R V

**NEW**  
Cherry Cake

R D V

Triple Berry Crumble

R V

Vanilla Pudding

R LS V

Mini Brownies

R V

**NEW**  
Pecan Pie

R



**NEW**  
Raspberry Tart

R

**NEW**  
Sticky Toffee Pudding

R V

Mini Cinnamon Rolls

R V

Apple Crisp

R D LS V

Cherry Cobbler

R D V

Fruit Cocktail

R D LF LC LS V  
(vegan)

Peach Cobbler

R D V

Rice Pudding

R D LF LC LS V

Low Sugar  
Chocolate Mousse

R D LC

Low Sugar  
Strawberry Mousse

R D LC LS

Low Sugar  
Tangerine Mousse

R D LC LS

## Breakfast Items

Apple Juice

R D LF LC LS V  
(vegan)

Orange Juice

R D LF LC LS V  
(vegan)

Carrot Muffin

R V

Raisin Bran Muffin

R V

Oatmeal

R LF LC LS V

Cream of Wheat

R LF LC LS V

## Special Diet Meals

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

Apple Pork

R D LF LC LS

served with rice and green beans with squash

Beef & Vegetable  
Casserole

R D LC LS

served with rice and peas

Chicken with Gravy

R D LF LC LS

served with rice pilaf

**Hawaiian Chicken** **R** **D** **LF** **LC** **LS**  
served with rice and julienne carrots

**Herbed Fish** **R** **D** **LF** **LC** **LS**  
served with rice and peas

**Pot Roast Beef** **R** **D** **LS**  
served with rice and peas

**Turkey in Gravy** **R** **D** **LF** **LC** **LS**  
served with rice and green beans with squash

## Pureed

**Apple Braised Pork** **R** **D** **LC**  
served with sweet potatoes and green beans

**Beef & Vegetable Casserole** **R** **D** **LC**  
served with mashed potatoes and broccoli

**Chicken à la King** **R** **D** **LC**  
served with mashed potatoes and carrots

**Chicken Cacciatore** **R** **D** **LF** **LC**  
served with mashed potatoes and peas

**Creamed Salmon** **R** **D** **LC**  
served with mashed potatoes and spinach

**Lemon Herb Fish** **R** **D** **LC**  
served with mashed potatoes and mixed vegetables

**Liver and Onions** **R** **D** **LC**  
served with mashed potatoes and brussel sprouts

**Macaroni & Cheese** **R** **D** **LC**  
served with mashed potatoes and broccoli

**Pot Roast Beef** **R** **D** **LC** **LS**  
served with mashed potatoes and carrots

**Shepherd's Pie** **R** **D** **LC**  
served with peas and carrots

**Sweet & Sour Chicken** **R** **D** **LC**  
served with mashed potatoes and mixed vegetables

**Turkey Casserole** **R** **D** **LC**  
served with mashed potatoes and green beans

**Turkey Dinner** **R** **D** **LC**  
served with mashed potatoes and squash

# Minced

**Apple Braised Pork** **R D LC LS**  
served with mashed potatoes and green beans

**Beef Dinner** **R D LF LC**  
served with mashed potatoes and peas

**Beef Stew** **R D LF LC LS**  
served with mashed potatoes and carrots

**Chicken à la King** **R D LF LC LS**  
served with mashed potatoes and carrots

**Ham** **R D LF LC**  
served with mashed potatoes and yellow beans

**Vegetarian Pasta Primavera** **R D LF LC V**  
served with mashed potatoes and peas

**Turkey Dinner** **R D LF LC**  
served with mashed potatoes and mixed vegetables

# Thickened Pureed Soup

**Broccoli** **R D LC**

**Carrot** **R D LC**

**Cauliflower** **R D LC**

**Chicken Noodle** **R D LF LC**

**Mushroom** **R D LC**

**Tomato Beef** **R D LF LC**

# Pureed Desserts

**Low Sugar Chocolate Mousse** **R D LC**

**Low Sugar Strawberry Mousse** **R D LC LS**

**Low Sugar Tangerine Mousse** **R D LC LS**

**Vanilla Pudding** **R LS V**





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