Frozen Meal Monthly Menu

Meals are **\$5.50 each** or **\$35.75** when ordered in a package of **seven meals** OR **five meals** and **five soups/desserts**. **\$2.00** for individual soups and desserts. Meals will be delivered to you **every 2nd Friday**, excluding statutory holidays. Orders must be received at least 3 days before delivery date.

BEEF		PORK		GLUTEN-FREE		ST ST
Casserole 12008 Beef Stew 12010 Traditional Pot Roast 12017 Salisbury Steak	DLS DLFLS DLS D DLS DLS	12020 Pork with Stuffing 12073 Tourtiere Meat Pie 12089 Rib Style Pork Cutlet 12097 Char Sui Pork 12115 Baked Ham 12120 Egg & Bacon Brunch	DLS D DLF D D	12140 Beef Curry 12141 Chicken Breast vol Cheddar & Bacon, vuce 12142 Herbed Chicken w/ Mushroun Grav 12143 Season of Provide	D DLFLS DLS	007Beef Barley DLFLS 93012Crm of C'flower D 93013Chicken Noodle DLS 93014Minestrone DLFLS 93015Country Veg DLFLS 93017Crm PotatoChive D
12062Meatloaf in Mushroom Gravy 12087Liver & Onions 12092Meat Lasagna 12095Beef In Black Bean Sauce 12096Ginger Beef	DLF D D D D	12120 Egg & Bacon Brunch 12129 Apple Braised Pork 12133 Crumbled Sausage Penne 12138 Bangers & Mash	DLF D D	12144shern to Pie	D	93019 Crm Broccoli D 93020 Crm Mushroom D 93022 Turkey Rice DLFLS 93023 Crm Tomato D 93024 Crm GrnSplitPea D
12118 Steak & Mushroom Pie 12125 Meatballs in Gravy	D D DLFLS D D DLF	FISH 12003Fish Florentine 12013Fish & Chips		090 Low Sugar Choc Mousse 09021 Low Sugar Straw Mousse 09041 Low Sugar Tang Mousse 14008 Butter Tart 14009 Carrot Cake 4011 Apple Crisp	D DLS DLS DLS	93045 Turkey Noodle DLS 93046 Cdn Split Pea DLFLS 93047 Italian Wedding DLS 93048 Brocc & Cheese DLS 93050 Crm Chicken D 93063 Squash D
12130 Beef Stroganoff	DLS DLS DLS D	12013Fish & Chips 12031Lemon Herb Fish 12063Salmon in Lemon Sauce 12098Fish in Black Berton Lice 12119Asian Glazed ralmon 12126 Creamed Samon	OLS DLF DLFLS D	4012 Peach Cobbler 14013 Rice Pudding 14014 Cherry Cobbler 14016 Fruit Cocktail	DLS DLFLS DLS DLFLS	Special diet meals are
12007 Turkey w/ Stuffing & Cranberry Sauce 12032 Country Chicken	DLS DLFLS DLFLS D	12134Fish Cakes 12144Fish Mathematical Pie	D D	14026Cherry Streusel 14056Lemon Tart 14058Banana Cake 14076Cheesecake 14077Pecan Pie	LS D	available on the next page.
12078 Chicken Cacciatore 12090 Roast Chicken 12094 Lemon Chicken 12113 Breaded Chicken Fingers 12114 General Tso's Chicken 12116 Chicken Stew	DLF D DLFLS D D	10004 Yegetarian Chili 1000 Vegetarian Dhal 1000 Vegetarian Pasta Primavera 107.3 Cegetarian Stew 10.46 Cheese & Potato Perogies 10.5 Cheese Omelet	DLF DLF DLF DLFLS DLF D	14080 Raspberry Tart 14091 Strawberry Swirl Cheesecake 14092 Strawberry Shortcake 14093 Lemon Layer Cake 14094 Chocolate Fudge Cake 14095 Sticky Toffee Pudding	e	LF Low Fat LS Low Sodium
12135 Chicken Pot Pie 12139 Sweet & Sour Chicken 12141 Chicken Breast w/ Cheddar & Bacon Sauce	DLFLS DLFLS DLFLS	10. Cheese Omelet 2021 Vegetable Lasagna 2079 Macaroni & Cheese 12121 Vegetable Chow Mein 12131 Chana Masala 12137 Vegetarian Tofu Oriental	D D D DLFLS DLFLS	14096Orange Layer Cake 14313Blueberry Cake	D	CommForms

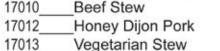
Frozen Meal Monthly Menu (Cont'd)

Special Diets

SPECIAL DIETS

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

10012	Apple Pork	DLFLS
10017	Beef & Veg Casserole	DLS
10018	Herbed Fish	DLFLS
10020	Hawaiian Chicken	DLFLS
10021	Turkey with Gravy	DLFLS
10033	Chicken with Gravy	DLFLS
10054	Pot Roast Beef	DLS
MINCED		
17001	Beef Dinner	DLF
17002	Apple Braised Pork	DLS
17003	Ham	DLF
17004	Chicken à la King	DLFLS
17005	Turkey Dinner	DLF
17006	Pesto Chicken	D
17009	Pasta Primavera	DLF
17010	Beef Stew	DLFLS
C.S	10년 1월 11년 12월 12일	

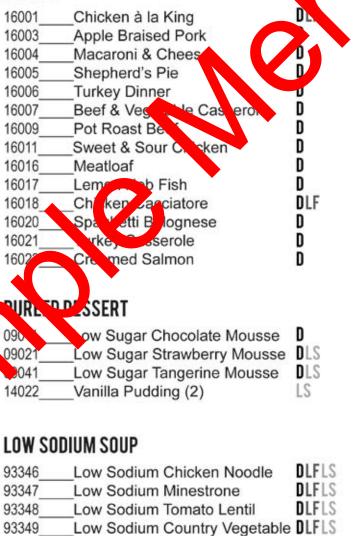


DLS

THICKENED SOUP

13053	Broccoli	D
13054	Carrot	
13055	Cauliflower	D
13056	Chicken Noodle	F
13057	Mushroom	Ú
13058	Tomato Beef	DLF

PUREED



D Diabetic LF Low Fat LS Low Sodium

COMMFORMS