

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

12005	Macaroni Meat & Cheese Casserole	DLS
12008	Beef Stew	DLFLS
12010	Traditional Pot Roast	DLS
12017	Salisbury Steak	D
12046	Chopped Swiss Steak	DLS
12062	Meatloaf in Mushroom Gravy	DLF
12087	Liver & Onions	D
12092	Meat Lasagna	D
12095	Beef In Black Bean Sauce	D
12096	Ginger Beef	D
12108	Shepherd's Pie	D
12109	Veal Parmigiana	D
12111	Spaghetti Bolognese	DLFLS
12118	Steak & Mushroom Pie	D
12125	Meatballs in Gravy	D
12128	Veal Goulash	DLF
12130	Beef Stroganoff	DLS
12132	Sliced Beef w/ Onion Gravy	DLS
12140	Beef Curry	D

CHICKEN & TURKEY

12001	Chicken à la King	DLS
12007	Turkey w/ Stuffing & Cranberry Sauce	DLFLS
12032	Country Chicken	DLFLS
12057	Breaded Chicken Breast	D
12078	Chicken Cacciatore	DLF
12090	Roast Chicken	D
12094	Lemon Chicken	DLFLS
12113	Breaded Chicken Fingers	D
12114	General Tso's Chicken	D
12116	Chicken Stew	D
12124	Chicken Breast w/ White Cheddar and Broccoli	D
12127	Turkey Chili	DLFLS
12135	Chicken Pot Pie	DLS
12139	Sweet & Sour Chicken	DLFLS
12141	Chicken Breast w/ Cheddar & Bacon Sauce	D
12142	Herbed Chicken with Mushroom Gravy	DLFLS

PORK

12020	Pork with Stuffing	DLS
12073	Tourtiere Meat Pie	D
12089	Rib Style Pork Cutlet	D
12097	Char Sui Pork	DLF
12115	Baked Ham	D
12120	Egg & Bacon Brunch	D
12129	Apple Braised Pork	DLF
12133	Crumbled Sausage Penne	D
12138	Bangers & Mash	D

FISH

12003	Fish Florentine	DLS
12013	Fish & Chips	D
12031	Lemon Herb Fish	DLS
12063	Salmon in Lemon Sauce	D
12098	Fish in Black Bean Sauce	DLF
12119	Asian Glazed Salmon	DLFLS
12126	Creamed Salmon	D
12134	Fish Cakes	D
12144	Fisherman's Pie	D

VEGETARIAN

10004	Vegetarian Chili	DLF
10005	Vegetarian Dhal	DLF
10007	Vegetarian Pasta Primavera	DLF
10009	Vegetarian Stew	DLFLS
10046	Cheese & Potato Perogies	DLF
10050	Cheese Omelet	D
10201	Vegetable Lasagna	D
10209	Macaroni & Cheese	D
12121	Vegetable Chow Mein	D
12131	Chana Masala	DLFLS
12137	Vegetarian Tofu Oriental	DLFLS

GLUTEN-FREE

12140	Beef Curry	D
12141	Chicken Breast w/ Cheddar & Bacon Sauce	D
12142	Herbed Chicken w/ Mushroom Gravy	DLFLS
12143	Seasoned Pork Loins	DLS
12144	Shepherd's Pie	D

DESSERT

09001	Low Sugar Choc Mousse	D
09021	Low Sugar Straw Mousse	DLS
09041	Low Sugar Tang Mousse	DLS
14008	Butter Tart	D
14009	Carrot Cake	D
14011	Apple Crisp	DLS
14012	Peach Cobbler	DLS
14013	Rice Pudding	DLFLS
14014	Cherry Cobbler	DLS
14016	Fruit Cocktail	DLFLS
14026	Cherry Streusel	LS
14056	Lemon Tart	D
14058	Banana Cake	D
14076	Cheesecake	D
14077	Pecan Pie	D
14080	Raspberry Tart	D
14091	Strawberry Swirl Cheesecake	D
14092	Strawberry Shortcake	D
14093	Lemon Layer Cake	D
14094	Chocolate Fudge Cake	D
14095	Sticky Toffee Pudding	D
14096	Orange Layer Cake	D
14313	Blueberry Cake	D

SUPP

93007	Beef Barley	DLFLS
93012	Crn of C'flower	D
93013	Chicken Noodle	DLS
93014	Minestrone	DLFLS
93015	Country Veg	DLFLS
93017	Crn PotatoChive	D
93019	Crn Broccoli	D
93020	Crn Mushroom	D
93022	Turkey Rice	DLFLS
93023	Crn Tomato	D
93024	Crn GrnSplitPea	D
93045	Turkey Noodle	DLS
93046	Cdn Split Pea	DLFLS
93047	Italian Wedding	DLS
93048	Brocc & Cheese	DLS
93050	Crn Chicken	D
93063	Squash	D

Special diet meals are available on the next page.

D Diabetic
LF Low Fat
LS Low Sodium

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
17012	Honey Dijon Pork	DLS
17013	Vegetarian Stew	DLF

THICKENED SOUP

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

PUREED

16001	Chicken à la King	DLF
16003	Apple Braised Pork	D
16004	Macaroni & Cheese	D
16005	Shepherd's Pie	D
16006	Turkey Dinner	D
16007	Beef & Veg Casserole	D
16009	Pot Roast Beef	D
16011	Sweet & Sour Chicken	D
16016	Meatloaf	D
16017	Lemon Herb Fish	D
16018	Chicken Cacciatore	DLF
16020	Spaghetti Bolognese	D
16021	Turkey Casserole	D
16022	Creamed Salmon	D

PUREED DESSERT

09001	Low Sugar Chocolate Mousse	D
09021	Low Sugar Strawberry Mousse	DLS
09041	Low Sugar Tangerine Mousse	DLS
14022	Vanilla Pudding (2)	LS

LOW SODIUM SOUP

93346	Low Sodium Chicken Noodle	DLFLS
93347	Low Sodium Minestrone	DLFLS
93348	Low Sodium Tomato Lentil	DLFLS
93349	Low Sodium Country Vegetable	DLFLS

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