

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

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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