

MAIN COURSE CHOICES

All meals are frozen, fully cooked, and ready to heat

PORK

Pork Chop D LS

Boneless pork chops in mushroom sauce, broccoli, carrots & garlic mashed potatoes

Roast Pork Loin D LF

Stuffing, gravy, peas & carrots mix, mashed potatoes

Honey Mustard Ham D LF

Mixed vegetables and scalloped potatoes

BBQ Pork Ribs D

Honey garlic sauce, half baked potato with cheddar, carrot, cauliflower & broccoli

Pork Medallions D LF LS

Stuffing, gravy and applesauce, cauliflower & broccoli mix and scalloped potatoes

Honey Garlic Ribs D LF LS

Vegetable fried rice and mixed veggies

CHICKEN & TURKEY

Roast Turkey D LF LS

Stuffing, gravy, cauliflower & carrots mix, mashed potatoes

BBQ Chicken D LF LS

Chicken breast in BBQ sauce, seasoned home fries, yellow beans & brussels sprouts

Chicken Divan D

Cheese & broccoli sauce on rice, green & yellow beans, butternut squash

Sweet & Sour Chicken Balls D LS LF

Lo mein noodles, broccoli, carrot & cauliflower mix

BEEF & VEAL

Swiss Steak D

Tomato sauce, butternut squash and scalloped potatoes

Pot Roast D LS

Gravy, glazed carrots and parsnips, mashed potatoes

Meat Lasagne D LF

Traditional meat lasagna with broccoli and dilled carrots

Breaded Veal Parmigiana D

Tomato sauce & mozzarella, green beans, mushrooms and sweet potatoes

Meatloaf D

Mushroom gravy, mixed vegetables and cheddar mashed potatoes

Shepherd's Pie D LF LS

Peas and butternut squash

Salisbury Steak D

Onion & mushroom gravy, broccoli and half a baked potato

Beef Stew D LF

Green & yellow beans and mashed potatoes

FISH & ALTERNATIVES

Fish & Chips LS

French fries and mixed vegetables

Salmon Fillet D LF LS

Lemon & dill sauce on rice with broccoli and carrots

Dietary Key: D Diabetic-Friendly LF Low Fat LS Low Salt

— FROZEN MEAL MENU —

PURÉED MEAL CHOICES

All puréed meals are frozen, fully cooked, and ready to heat

BEEF

Beef Bourguignon

Carrot, turnip and golden potatoes

Roast Beef

Nutmeg carrots and parsleyed potatoes

PORK

Barbecue Pork

Buttered corn and homestyle potatoes

Roast Pork

Carrots à l'orange and savoury potatoes

CHICKEN & TURKEY

Roast Chicken

Buttered peas and golden potatoes

Lemoned Chicken

Sweet carrots and parsleyed potatoes

Roast Turkey

Butternut squash and savoury potatoes

Turkey à La King

Peas and yams with apples

— FROZEN MEAL MENU —
DESSERT CHOICES

Select one dessert with your meal order

DIABETIC-FRIENDLY

Maple Chocolate Cake **D**

Carrot Cake **D LS**

Pecan Streusel Cake **D LS**

Orange Citrus Cake **D**

Black Forest Cake **D LS**

All desserts in this column are suitable for diabetic clients.

REGULAR DESSERTS

Triple Berry Crumble **LS**

Butter Tart

Toffee Pudding Cake

Chocolate Fudge Cake **LS**

Caramel Apple Crumble

Date Square

Cherry Crisp **LS**

HOW TO ORDER

Step 1:

Choose your Main Course

Step 2:

Choose your Dessert

Step 3:

Call us to place your order

■ **705-724-6028**

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