



To place an order call: 905.857.7651 or 905.584.2992

**FULL DIET**

NAME: \_\_\_\_\_

ROUTE: \_\_\_\_\_

DELIVERY WEEK: \_\_\_\_\_

**ENTREES**

- 101 \_\_\_\_\_ **Cheese Omelet** D
- 201 \_\_\_\_\_ **Bangers and Mash** D
- 202 \_\_\_\_\_ Beef Stew D LF
- 204 \_\_\_\_\_ **Swiss Steak** D
- 205 \_\_\_\_\_ Liver and Onions D LS
- 207 \_\_\_\_\_ **Salisbury Steak** D
- 208 \_\_\_\_\_ **Cabbage Roll** D
- 209 \_\_\_\_\_ **Beef Stroganoff** D LS LF
- 210 \_\_\_\_\_ Chicken a la King D LS LF
- 211 \_\_\_\_\_ Breaded Veal Cutlet D
- 212 \_\_\_\_\_ Meatloaf
- 213 \_\_\_\_\_ Roast Pork Loin D LF
- 214 \_\_\_\_\_ Roast Turkey D LS LF
- 215 \_\_\_\_\_ **Pork Medallions** D LS LF
- 216 \_\_\_\_\_ Chicken Divan D
- 217 \_\_\_\_\_ Pot Roast D LS
- 218 \_\_\_\_\_ Honey-Mustard Ham D LF
- 219 \_\_\_\_\_ Shepherd's Pie D LS LF
- 221 \_\_\_\_\_ **Chicken Fingers**
- 222 \_\_\_\_\_ Boneless BBQ Ribs D
- 223 \_\_\_\_\_ Boneless Pork Chop D LS
- 225 \_\_\_\_\_ BBQ Chicken D LS LF
- 226 \_\_\_\_\_ Swedish Meatballs D
- 227 \_\_\_\_\_ **Italian Sausage Penne** D
- 302 \_\_\_\_\_ Salmon Fillet D LS LF
- 303 \_\_\_\_\_ Fish and Chips LS
- 304 \_\_\_\_\_ Tuna Casserole D LS LF
- 305 \_\_\_\_\_ **Fish Florentine** D LS
- 306 \_\_\_\_\_ Fillet of Sole D
- 401 \_\_\_\_\_ **Sweet + Sour Chicken** LS LF
- 402 \_\_\_\_\_ **Teriyaki Chicken** D LF

- 404 \_\_\_\_\_ Sweet+Sour Chicken Balls
- 405 \_\_\_\_\_ Honey Garlic Ribs
- 501 \_\_\_\_\_ Spaghetti and Meatballs
- 502 \_\_\_\_\_ Lasagna
- 503 \_\_\_\_\_ **Chicken Cacciatore**
- 504 \_\_\_\_\_ Chicken Alfredo
- 602 \_\_\_\_\_ Macaroni and Cheese
- 603 \_\_\_\_\_ **Vegetarian Lasagna**
- 701 \_\_\_\_\_ Beef Pot Pie
- 702 \_\_\_\_\_ Chicken Pot Pie

**SOUPS**

- S-1 \_\_\_\_\_ French Onion
- S-2 \_\_\_\_\_ Chicken Noodle
- S-3 \_\_\_\_\_ Beef Barley
- S-4 \_\_\_\_\_ Hearty Vegetable
- S-5 \_\_\_\_\_ Minestrone
- S-6 \_\_\_\_\_ Cream of Broccoli
- S-7 \_\_\_\_\_ Cream of Mushroom
- S-8 \_\_\_\_\_ Cream of Potato/Leek
- S-9 \_\_\_\_\_ Cream of Carrot
- S-10 \_\_\_\_\_ Cream of Celery
- S-11 \_\_\_\_\_ Cream of Tomato
- S-12 \_\_\_\_\_ Cream of Chicken/Veg.
- S-13 \_\_\_\_\_ N.E. Clam Chowder
- S-14 \_\_\_\_\_ Steak + Potato Soup

**Side Dishes**

- 801 \_\_\_\_\_ Chicken Caesar Salad
- 803 \_\_\_\_\_ **Wieners + Beans**
- 804 \_\_\_\_\_ **Beef Chili**

**DESSERTS**

- D-1 \_\_\_\_\_ Deep Dutch Brownie D LF
- D-2 \_\_\_\_\_ Caramel Apple Crumble LF
- D-3 \_\_\_\_\_ Date Square D
- D-4 \_\_\_\_\_ Nanaimo Bar D LF
- D-5 \_\_\_\_\_ Carrot Cake D
- D-6 \_\_\_\_\_ Chocolate Fudge Cake LF
- D-7 \_\_\_\_\_ **Orange Citrus Cake** D
- D-8 \_\_\_\_\_ Banana Split Cake D LF
- D-9 \_\_\_\_\_ **Maple Chocolate Mania**
- D-10 \_\_\_\_\_ Butterscotch Pudding
- D-11 \_\_\_\_\_ Rice Pudding
- D-12 \_\_\_\_\_ Chocolate Pudding
- D-13 \_\_\_\_\_ Butterscotch Pudding D LF
- D-14 \_\_\_\_\_ Cherry Crisp D LF
- D-15 \_\_\_\_\_ Peach Cobbler D LF
- D-16 \_\_\_\_\_ Cheese Cake D LF
- D-17 \_\_\_\_\_ **Sticky Toffee Pudding Cake** D
- D-18 \_\_\_\_\_ Apple Streusel Cake D
- D-19 \_\_\_\_\_ Fruit Cocktail D
- D-21 \_\_\_\_\_ Black Forest Cake D
- D-24 \_\_\_\_\_ Pecan Streusel Cake D
- D-26 \_\_\_\_\_ **Triple Berry Crumble** D LF
- D-27 \_\_\_\_\_ **Raspberry Tart** D LF

**Diet Codes:**

- D suitable for Diabetic Diet
- LS suitable for Low Salt Diet
- LF suitable for Low Fat Diet

LS

D LS

LS

D

D

D LS LF

LS

D LS

D LS

D LS LF

D LS

D LS

LS