

Healthier Choices for everyday life  
*Prepared by People who care*

## Bamboo Garden

- 401 Sweet and Sour Chicken **LS LF**  
 on rice with chinese style vegetables and peas/corn mix
- 402 Teriyaki Chicken **D LS LF**  
 on linguine with cauliflower and chinese style vegetables
- 404 Sweet and Sour Chicken Balls **D LS LF**  
 with lo mein noodles and a broccoli/carrot/cauliflower mix
- 405 Boneless Honey Garlic Ribs **D LS LF**  
 with vegetable fried rice and mixed vegetables

## The Soup Kitchen

- S-1 French Onion **D LF**
- S-2 Chicken Noodle **D LF**
- S-3 Beef Barley **D LF**
- S-4 Hearty Vegetable **D LF**
- S-5 Minestone **D LF**
- S-6 Cream of Broccoli **D**
- S-7 Cream of Mushroom **D**
- S-8 Cream of Potato/Leek **D**
- S-9 Cream of Carrot **D**
- S-10 Cream of Celery **D**
- S-11 Cream of Tomato **D LF**
- S-12 Cream of Chicken Vegetable **D LF**
- S-13 New England Clam Chowder **D**
- S-14 Steak and Potato **D LF**



## Side Dishes

- 801 Chicken Caesar Salad **D**  
 tender chicken strips and penne pasta in a creamy caesar dressing with celery, carrots, green onions and red peppers
- 803 Wieners and Beans **D**  
 all beef wiener in baked beans
- 804 Beef Chili **D**  
 hearty chili simmered to perfection

## Desserts

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

## Puree

- 901 Beef Bourguignon with carrot/turnip and golden potatoes
- 902 Roast Beef with nutmeg carrots and parsleyed potatoes
- 903 Roast Chicken with buttered peas and golden potatoes
- 904 Lemoned Chicken with sweet carrots and parsleyed potatoes
- 905 Barbecue Pork with buttered corn and homestyle potatoes
- 906 Roast Pork with carrots a l'orange and savoury potatoes
- 907 Roast Turkey with butternut squash and savoury potatoes
- 908 Turkey a la King peas and yam with apples
- 909 Salmon with peas and pasta
- 910 Macaroni with cheese sauce and herbed tomato



VARIETY OF FINE QUALITY

*Nutritionally  
 Balanced*

DUAL OVEN/  
 MICROWAVEABLE

**ENTRÉES**

**To order call: 905.857.7651  
 or 905.584.2992**







Diet Codes:

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

## Italian Eatery

- 501 Spaghetti and Meatballs **D****  
in tomato sauce with cauliflower and carrots
- 502 Lasagna **D LF****  
traditional meat lasagna with broccoli and dilled carrots
- 503 Chicken Cacciatore **D LF****  
served with garlic mashed potatoes and butternut squash
- 504 Chicken Alfredo **LF****  
tender chicken breast pieces in a creamy alfredo sauce on a bed of fettuccine with corn and asparagus

## Seven Seas Wharf

- 302 Salmon Fillet **D LS LF****  
with lemon/dill sauce on rice with broccoli and carrots
- 303 Fish and Chips **LS****  
with french fries and mixed vegetables
- 304 Tuna Casserole **D LS LF****  
with yellow beans and beets
- 305 Fish Florentine **D LS****  
pollock fillet covered with cheddar/spinach sauce served with sweet potatoes and broccoli
- 306 Breaded Fillet of Sole **D****  
with potato puffs and brussels sprouts

## Vegetarian

- 602 Macaroni and Cheese **D****  
served with glazed carrots and green beans
- 603 Vegetarian Lasagna **D LF****  
served with beets and mashed turnips

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## TRADITIONAL ENTREES

- 101 Cheese Omelet **D****  
with sausages and potato puffs
- 201 Bangers and Mash **D****  
breakfast sausages on mashed potatoes covered in gravy served with peas and creamed corn
- 202 Beef Stew **D LF****  
with green/yellow beans and mashed potatoes
- 204 Swiss Steak **D****  
in a tasty tomato sauce with butternut squash and scalloped potatoes
- 205 Liver and Onions **D LS****  
beef liver with gravy and sauteed onions, mashed potatoes and mixed vegetables
- 207 Salisbury Steak **D****  
in onion/mushroom gravy with broccoli and half a baked potato
- 208 Cabbage Roll **D****  
served with a tangy tomato sauce, sweet potatoes and peas
- 209 Beef Stroganoff **D LS LF****  
on egg noodles with asparagus and mashed turnips
- 210 Chicken a la King **D LS LF****  
with broccoli and mashed potatoes
- 211 Breaded Veal Cutlet **D****  
topped with tomato sauce and mozzarella served with green beans, mushrooms and sweet potatoes
- 212 Meatloaf **D****  
in mushroom gravy, mixed vegetables and cheddar mashed potatoes
- 213 Roast Pork Loin **D LF****  
with stuffing, gravy, peas/carrots mix and mashed potatoes
- 214 Roast Turkey **D LS LF****  
with stuffing, gravy, cauliflower/carrot mix and mashed potatoes

- 215 Pork Medallions **D LS LF****  
with stuffing, gravy and applesauce, cauliflower/broccoli mix and scalloped potatoes
- 216 Chicken Divan **D****  
in a cheese/broccoli sauce on rice with green/yellow beans and butternut squash
- 217 Pot Roast **D LS****  
with gravy, glazed carrots and parsnips, mashed potatoes
- 218 Honey Mustard Ham **D LF****  
served with mixed vegetables and scalloped potatoes
- 219 Shepherds Pie **D LS LF****  
served with peas and butternut squash
- 221 Chicken Fingers **LS****  
with french fries, peas and corn mix and plum dipping sauce
- 222 BBQ Boneless Pork Ribs **D****  
in honey garlic sauce with 1/2 baked potato topped with cheddar and a carrot/cauliflower/broccoli mix
- 223 Boneless Pork Chop **D LS****  
covered in mushroom sauce served with broccoli & carrots and garlic mashed potatoes
- 225 BBQ Chicken **D LS LF****  
chicken breast pieces in bbq sauce, seasoned home fries, yellow beans and brussel sprouts
- 226 Swedish Meatballs **D****  
in a creamy sauce served on egg noodles with carrots and peas
- 227 Sausage Penne **D****  
mild italian sausage and penne pasta in tomato sauce with broccoli and squash
- 701 Beef Pot Pie**  
tender pieces of beef, potatoes and vegetables in a rich gravy
- 702 Chicken Pot Pie**  
tender pieces of chicken, potatoes, vegetables/mushrooms in gravy

