

# FROZEN FARE



905-857-7651

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

DATE: \_\_\_\_\_

## 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 D
- 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 D LF
- 405 \_\_\_ Honey Garlic Ribs LF
- 501 \_\_\_ Spaghetti and Meatballs D
- 502 \_\_\_ Lasagna D LF
- 503 \_\_\_ Chicken Cacciatore D
- 504 \_\_\_ Chicken Alfredo LF
- 602 \_\_\_ Macaroni and Cheese D
- 603 \_\_\_ Vegetarian Lasagna D LF
- 701 \_\_\_ Beef Pot Pie
- 702 \_\_\_ Chicken Pot Pie

## SOUPS

- 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 \_\_\_ Minestrone 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/Veg. D LF
- S-13 \_\_\_ N.E. Clam Chowder D
- S-14 \_\_\_ Steak + Potato Soup D LF

## Side Dishes

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

## 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 \_\_\_ Buttertart
- 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

## Diet Codes:

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

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

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**PUREE**

- 901 \_\_\_\_\_ Old Fashioned Beef with Green Beans & Homestyle Potatoes
- 902 \_\_\_\_\_ Roast Beef with Nutmeg Carrots & Parsleyed Potatoes
- 903 \_\_\_\_\_ Roast Chicken with Buttered Peas & Golden Potatoes
- 904 \_\_\_\_\_ Lemon Chicken with Sweet Carrots & Parsleyed Potatoes
- 905 \_\_\_\_\_ Barbecue Pork with Buttered Corn & Homestyle Potatoes
- 906 \_\_\_\_\_ Roast Pork with Carrots a l'Orange & Savoury Potatoes
- 907 \_\_\_\_\_ Roast Turkey with Butternut Squash & Savoury Potatoes
- 908 \_\_\_\_\_ Turkey a la King, Peas & Pasta
- 909 \_\_\_\_\_ Salmon with Peas & Pasta
- 910 \_\_\_\_\_ Macaroni with Cheese Sauce & Herbed Tomato