

FROZEN MEAL PROGRAM

Call: (905) 857-7651

Order Form

NAME: _____

DATE: _____

ENTREES

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

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

SOUPS

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

Side Dishes

- D** 801 _____ Chicken Caesar Salad
- LS LF** 803 _____ Wieners + Beans
- D LF** 804 _____ Beef Chili

DESSERTS

- D LF** D-1 _____ Deep Dutch Brownie **LS**
- LF** D-2 _____ Caramel Apple Crumble
- D** D-3 _____ Date Square
- D LF** D-4 _____ Nanaimo Bar
- D** D-5 _____ Carrot Cake **D LS**
- LF** D-6 _____ Chocolate Fudge Cake **LS**
- D** D-7 _____ Orange Citrus Cake **D**
- D LF** D-8 _____ Banana Split Cake
- D-9 _____ Maple Chocolate Mania **D**
- D-10 _____ Butterscotch
- D-11 _____ Rice Pudding **D LS LF**
- D-12 _____ Chocolate Pudding
- D LF** D-13 _____ Butterscotch Pudding
- D LF** D-14 _____ Cherry Crisp **LS**
- D LF** D-15 _____ Peach Cobbler
- D LF** D-16 _____ Cheese Cake **D LS**
- D LF** D-17 _____ Sticky Toffee Pudding Cake
- D** D-18 _____ Apple Streusel Cake **D LS**
- D** D-19 _____ Fruit Cocktail **D LS LF**
- D** D-21 _____ Black Forest Cake **D LS**
- D** D-24 _____ Pecan Streusel Cake **D LS**
- D** D-26 _____ Triple Berry Crumble **LS**
- D LF** 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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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 _____ Lemoned Chicken with Sweet Carrots & Parsleyed Potatoes
- 905 _____ Barbecue Pork with Green Beans & 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 with Peas and Pasta
- 909 _____ Salmon with Peas & Pasta
- 910 _____ Macaroni with Cheese Sauce & Herbed Tomato