



2023 FROZEN MENU OPTIONS

Name: _____

Delivery date: _____

BEEF	QTY	CHICKEN & TURKEY	QTY
Beef stew with squash and mashed potatoes (LC, LF, LS)		BBQ chicken with home fries, brussel sprouts and yellow beans (LF, LS)	
Beef stroganoff over egg noodles with peas (LC, LF, LS)		Breaded chicken breast on a red pepper rice pilaf topped with Caesar sauce and served with green and yellow beans and carrots (LC)	
Liver and onions (LC, LF)		Breaded chicken fingers with french fries, peas and carrots	
Mac, meat & cheese casserole with ground beef in tomato sauce topped with mac/cheese with green and yellow carrots		Chicken a la king with carrots and mashed potatoes (LC, LF)	
Meatloaf in mushroom gravy with mashed potatoes, green and yellow beans and carrots (LC, LS)		Chicken breast with bacon cheddar sauce with red-skinned potatoes and mixed vegetables (LC, GF)	
Meatballs and peppers in herb gravy with potatoes and carrots (LC, LF)		Chicken breast with broccoli & white cheddar sauce with home fries and mixed carrots, beans, peas and pearl onions (LC)	LF (Low fat)
Meat lasagna with mixed orange and yellow carrots and beans		Chicken cacciatore rotini pasta in Mediterranean-style sauce with carrots and beans (LC, LF, LS)	LS (Low sodium)
Oriental beef with white rice and peas (LC, LF)		Chicken with honey BBQ sauce with vegetable rice pilaf and mixed vegetables (LC, LF, LS)	GF (Gluten free)
Salisbury steak with mushroom gravy home fried potatoes and mixed carrots, beans and pearl onions		Country chicken in gravy with mashed potatoes, stuffing and carrots (LC, LF)	V (Vegetarian)
Shepard's pie with peas and carrots (LC, LF, LS)		Chicken pot pie with chicken and vegetables in a cream sauce topped with a pastry served with green beans and carrots (LC)	LC (Low calorie)
Sliced beef with mushroom gravy with mashed potatoes and mixed vegetables (LC, LF)		Chicken with pork jambalaya with green beans and carrots (LC)	
Spaghetti Bolognese with carrots (LC, LF)		Chicken pasta rose with green beans (LC, LF)	
Steak & mushroom pie with mixed carrots, beans, peas and pearl onions (LC)		Roast chicken thigh boneless, skinless chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas (LC, LF)	
Swiss steak in tomato gravy with squash and mashed potatoes (LC, LF, LS)		Turkey with stuffing with mashed potatoes and peas (LC, LF)	
Traditional pot roast with country-style potatoes, carrots and green and yellow beans (GF,LC, LF)		Sweet and sour chicken balls with cantonese lo mein noodles, broccoli, carrots and cauliflower mix	

*Special diets, minced or pureed diets are available on special order.

Please contact our office 2 weeks ahead

		Sweet and sour chicken with white rice (LC, LF)	
PORK	QTY	FISH	QTY
Apple braised pork with mashed potatoes and a mix of peas and carrots (LC, LF)		Asian glazed salmon with rice and mixed vegetables (LC, LF, LS)	
Bangers & Mash with mashed potatoes, gravy and peas		Fish cakes with french fries, peas and carrots and corn	
Boneless honey garlic ribs with vegetable fried rice and mixed vegetables		Fish & Chips with mixed carrots, peas, green beans	
BBQ Pork Ribs in honey garlic sauce with baked potato cheddar topping and a broccoli, cauliflower and carrot mix		Fish florentine with a cheese sauce over haddock fillet on a bed of spinach served with red-skinned potatoes and carrots (LC)	
Boneless pork chop and mushroom sauce with garlic mashed potatoes, carrots and broccoli (LS)		Lemon herb fish haddock with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans (LC, LF, LS, GF)	
Cheese omelet with tomato sauce and home fried potatoes		Salmon in lemon sauce served with white rice and peas with carrots (LC)	
Cheese omelet with sausages and potatoe puffs		Salmon fillet on rice on lemon/dill sauce with broccoli and carrots (LS, LF)	
Ham - Baked in a pineapple sauce with mashed potatoes and carrots		Tuna pasta casserole with peas and carrots	
Ham - Honey mustard with mixed vegetables and scalloped potatoes (LC, LF)			
Pork Loin with country-style potatoes and succotash (LC, LF)		VEGETARIAN	QTY
Pork with stuffing with country-style potatoes and carrots (LC, LF, LS)		Scrambled eggs & home fries with a side of baked beans in tomato sauce (V)	
Rib style pork cutlet in bbq sauce with squash and home fried potatoes		Veg. Mac & cheese with mixed vegetables (V)	
Sweet and sour pork with basmati rice Pilaf and veg. mix (LC, LF, LS)		Veg. lasagna with peas and pearl onions and mixed corn and green and red peppers (LC, V)	
		Veg. pasta primavera with mixed orange and yellow carrots and green beans (LC, LF, V)	
		Veg stew with mashed potatoes and carrots and mixed with beans (LC, LF, V)	
		Mexican rice and bean casserole topped with cheese and served with a vegetable mix (LC, LF, V)	
		Cabbage roll with tomato sauce, sweet potato and peas	