



**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

### 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



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**  
with lo mein noodles and a broccoli/carrot/  
cauliflower mix **D** **LS** **LF**
- 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 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 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 macaroni 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 Old Fashioned Beef** with green beans and  
homestyle 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 green beans 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** with peas and pasta
- 909 Salmon** with peas and pasta
- 910 Macaroni** with cheese sauce and herbed tomato



VARIETY OF FINE QUALITY

Nutritionally  
Balanced

DUAL OVEN/  
MICROWAVEABLE

# Entrées

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