

NAME:

DELIVERY DATE:

Frozen meal options



West Perry Sound District
COMMUNITY
SUPPORT SERVICES

QTY		QTY
	Cheese omlette with sausages and potato puffs	Fish Florentine
	Scrambled eggs & home fries with a side of baked beans	Breaded Fillet of Sole
	Breaded chicken breast	Sweet & Sour Chicken
	Bangers and Mash	Rib style pork cutlet
	Beef Stew	Sweet & Sour Pork
	Country chicken	Sweet & Sour Chicken Balls
	Swiss Steak	Boneless Honey Garlic Ribs
	Spaghetti & meatballs	Pork medallions
	Salisbury Steak	Lasagna
	Cabbage Roll	Chicken Cacciatore
	Beef Stroganoff	Chicken Alfredo
	Chicken a la King	Vegetarian Lasagna
	Chicken Alfredo	Oriental beef
	Meatloaf	Chicken pot pie
	Roasted Turkey	Macaroni & Cheese
	Steak and mushroom pie	Macaroni, meat and cheese
	Pork loin	Apple braised pork
	Pot Roast	Meat lasagna
	Honey Mustard Ham	Chicken with honey bbq
	Shepherds Pie	Asian style glazed salmon
	Chicken pasta rose	Chicken breast with bacon and cheddar sauce
	BBQ Pork Ribs	Chicken breast with broccoli and white cheddar sauce
	Boneless Pork Chop	Salmon in lemon sauce
	Roast chicken thigh	Mexican rice
	BBQ Chicken	Meatballs and peppers
	Salmon Fillet	Vegetarian pasta primavera
	Fish & Chips	Pork jambalaya
	Tuna Casserole	Fish cakes
	Chicken fingers	Lemon herb fish

**For a special order such as puree, minced or gluten free, please place order 2 weeks in advance.
705-746-5602**