

Special Diet

ALL SPECIAL DIET MEALS ARE SUITABLE FOR RENAL, GLUTEN FREE, CARDIAC AND LACTOSE FREE DIETS

Apple Pork

With rice, green beans & squash

Beef & Vegetable Casserole

With rice and peas

Chicken with Gravy

With rice pilaf

Hawaiian Chicken

With rice & carrots

Herbed Fish

With rice & peas

Pot Roast

With rice & peas

Turkey with Gravy

With rice, green beans & squash

COOKING INSTRUCTIONS:

All of the soups and entrees should be heated from frozen, there is no need to defrost them. Just follow the instructions printed on the label.

The divided container is both microwave & oven safe.

However, DO NOT USE IN A TOASTER OVEN

Soups

Regular Soups

- Beef Barley
- Italian Wedding
- Broccoli
- Cream of Cauliflower
- Chicken Noodle
- Turkey Rice
- Cream of Chicken
- Country Vegetable
- Canadian Split Pea
- Potato & Chive
- Minestrone
- Mushroom Cream
- Squash
- Tomato Cream

Low Sodium Soups

- LS Chicken Noodle
- LS Country Vegetable
- LS Minestrone
- LS Tomato Lentil

Desserts

Regular Desserts

- Banana Cake
- Butter Tart
- Carrot Cake
- Strawberry Swirl Cheesecake
- Chocolate Fudge Cake
- Lemon Layer Cake
- Lemon Tart
- Orange Layer Cake
- Pecan Tart
- Raspberry Tart
- Sticky Toffee Pudding
- Strawberry Shortcake

Low Sugar Desserts

- Apple Crisp
- Blueberry Cake
- Cherry Cobbler
- Chocolate Mousse
- Fruit Cocktail
- Light Cheesecake
- Peach Cobbler
- Rice Pudding
- Strawberry Mousse
- Tangerine Mousse

Frozen meals purchased from

apetito

**Community
Support
Connections**



Meals on Wheels and More

Frozen Meal Choices



**Nutritious, Delicious &
Convenient**

Entrees

Beef



Beef Stew**

With mashed potato & squash

Beef Stroganoff

Over noodles with peas & red pepper

Beef, Liver & Onions

With mashed potato & mixed vegetable

Chopped Swiss Steak

With mashed potato & squash

Macaroni, Meat & Cheese

With stewed tomato & mixed vegetable

Meat Lasagna**

With carrots & green beans

Meatballs & Gravy

With mashed potato & carrots

Meatloaf in Mushroom Gravy

With mashed potato, beans & carrots

Salisbury Steakette**

With home fries & mixed vegetables

Shepherd's Pie

With peas & carrots

Sliced Beef & Onion Gravy

With mashed potato, peas & carrots

Spaghetti Bolognese

With carrots

Steak & Mushroom Pie

With mixed vegetables

Traditional Pot Roast

With country style potatoes, carrots & beans

Veal Parmigiana**

With mashed potato, peas & carrots

Entrees

Poultry



Breaded Chicken Breast**

In sauce with rice, beans & carrots

Breaded Chicken Fingers**

With french fries, peas & carrots

Chicken a la King

With mashed potato & carrots

Chicken, Broccoli & Cheese

With roasted potato & mixed vegetables

Chicken Cacciatore

With mashed potato, zucchini & carrots

Chicken Pot Pie

With green beans & carrots

Chicken Stew**

With mashed turnip & spinach

Country Chicken

With stuffing, mashed potato & carrots

Herbed Chicken & Gravy

With sweet potato & green beans

Roast Chicken

With dipping sauce, fries & vegetables

Sweet & Sour Chicken

With rice & Chinese vegetables

Turkey with Stuffing

With stuffing, mashed potato & peas

Turkey Chile

With rice & mixed vegetables

Entrees

Pork



Baked Ham**

With mashed potato & carrots

Ham & Broccoli Casserole

With red-skinned potato & carrots

Bangers & Mash**

With mashed potato, gravy & peas

BBQ Pork Cutlet

With home fries & squash

Pork with Stuffing

With mashed potato & carrots

Seasoned Pork Loin

With scalloped potatoes & succotash

Tourtiere Meat Pie**

With peas, corn and mixed peppers

****Not Suitable for Low-salt Diets**

Entrees

Fish



Fish & Chips**

With carrots, peas, green beans & corn

Fish Florentine

With spinach, dill potatoes & carrots

Lemon Herbed Fish

With home fries & corn

Salmon & Lemon Sauce

With rice, peas, carrots & turnip

Vegetarian

Cheese Omelet

With home fries & stewed tomato

Macaroni & Cheese**

With stewed tomato & mixed vegetables

Broccoli & Rice Casserole

With mushrooms, string beans & carrots

Vegetable Lasagna

With corn, peas, peppers & pearl onions

Vegetarian Pasta Primavera

With carrots & green beans

Pureed Entrees

Pureed entrees from Campbell's are sold in mixed cases of 24 and are available upon request.