

Special Diet

All special diet meals are suitable for renal, gluten-free, cardiac, and lactose-free diets.

Apple Pork

With rice, green beans, and squash

Beef and Vegetable Casserole

With rice and peas

Chicken with Gravy

With rice and green beans

Hawaiian Chicken

With rice and carrots

Herbed Fish

With rice and peas

Pot Roast

With rice and peas

Turkey with Gravy

With rice, green beans, and squash

Pureed Entrées

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

Soups

Regular Soups

Beef Barley
Beef Vegetable
Broccoli
Carrot
Cream of Cauliflower
Chicken Noodle
Chicken Vegetable
Split Pea and Ham
Cream of Leek and Potato
Cream of Mushroom
Squash

Low Salt Soups

(300 milligrams of sodium or less)

Country Vegetable
Minestrone
Tomato Cream
Turkey Rice

For more information about **Apetito's** frozen meal nutritional data, visit their website at apetito.ca

Desserts

Regular Desserts

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

Low Sugar Desserts

Apple Crisp
Blueberry Cake
Cherry Cobbler
Chocolate Brownie
Chocolate Mousse
Fruit Cocktail
Light Cheesecake
Strawberry Mousse
Tangerine Mousse



Frozen Meals Menu

519-772-8787



Frozen meals purchased from

apetito

Entrées

Beef

Bbq Beef Patty

With mashed potato & New England veg

Beef, Liver, and Onions

With mashed potato and mixed vegetable

Macaroni, Meat, and Cheese

With green and yellow beans and carrots

Meat Lasagna

With carrots and green beans

Meatballs and Gravy

With mashed potato and carrots

Meatloaf in Mushroom Gravy

With mashed potato, beans and carrots

Oriental Beef

With rice and peas

Salisbury Steak

With home fries and mixed vegetables

Sliced Beef and Mushroom Gravy

With mashed potato and mixed veg

Spaghetti Bolognese

With carrots

Steak and Mushroom Pie

With mixed vegetables

Traditional Pot Roast

With potato, carrots and beans

Veal Parmigiana

With mashed potato, peas and carrots

Entrées

Poultry

Breaded Chicken Breast

In sauce with rice, beans and carrots

Breaded Chicken Fingers

With French fries, peas and carrots

Chicken a la King

With mashed potato and carrots

Chicken & Tangy Bbq Sauce

With red-skinned potato, peas & carrots

Chicken, Broccoli and Cheese

With home fries and mixed vegetables

Chicken Pasta Rose

With green beans

Chicken Pot Pie

With green beans and carrots

Chicken Stew

With mashed turnip and green beans

Country Chicken

With stuffing, potato and carrots

Roast Chicken Thigh

With dipping sauce, fries and vegetables

Lemon Chicken

With rice and Oriental mixed vegetables

Sweet and Sour Chicken

With rice

Turkey with Stuffing

With mashed potato and peas

Entrées

Pork

Baked Ham

With mashed potato and carrots

Bangers and Mash

With mashed potato, gravy and peas

BBQ Pork Cutlet

With home fries and squash

Pork with Stuffing

With country-style potato and carrots

Seasoned Pork Loin

With scalloped potatoes and succotash

Fish

Fish and Chips

With carrots, peas, beans and corn

Fish Florentine

With red skinned potato and carrots

Lemon Herbed Fish

With potato, carrots and beans

Tuna Pasta Casserole

With peas and carrots

Vegetarian

Macaroni and Cheese

With mixed vegetables

Mexican Rice & Bean Casserole

With a mix of vegetables

Scrambled Eggs

With home fries and baked beans

Vegetable Lasagna

With corn, peas, peppers and onions

Entrées made by

Community Support Connections

Butter Chicken

With basmati rice and peas

Sundried Tomato Chicken

With fusilli and corn

Chicken and White Wine Sauce

With mashed potato, carrots and parsnip

Turkey Chili

With corn bread, peas and carrots

Shepherd's Pie

With mixed vegetables

Beef Stroganoff

With egg noodles and green beans

Irish Beef Stew

With roasted root vegetables

Moroccan Beef Stew

With green beans and carrots

Pork and Apples

With mashed potato and squash

Sweet and Sour Pork

With rice and peas

Maple Glazed Salmon

With wild rice pilaf, peas and carrots