

## 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](http://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  
Sticky Toffee Pudding  
Strawberry Shortcake

### Low Sugar Desserts

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



## Frozen Meals Menu

As of October 2021

**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

#### **Beef Stew**

With mashed potato and squash

#### **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 & 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

#### **Turkey Chili**

With rice and corn

## 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

#### **Chicken a la King**

With rice, carrots and green beans

#### **Shepherd's Pie**

With mixed vegetables

#### **Beef Stroganoff**

With egg noodles and green beans

#### **Roast Beef and Gravy**

With mashed potato, parsnips & carrots

#### **Moroccan Beef Stew**

With green beans and carrots

#### **Pork and Apples**

With mashed potato and squash

#### **Hungarian Pork**

With egg noodles and mixed vegetables

#### **Sweet and Sour Pork**

With rice and peas

#### **Maple Glazed Salmon**

With wild rice pilaf, peas and carrots