

PORK

- **Apple Braised Pork**
with potatoes, peas, and carrots.
- **Baked Ham**
with mashed potatoes and carrots.
- **Bangers & Mash**
with mashed potatoes, gravy, and peas.
- **BBQ Rib-Style Pork Cutlet**
served with squash and home fries.
- **Pork with Stuffing**
with mashed potatoes and carrots.
- **Seasoned Pork Loin**
with succotash and scalloped potatoes.
- **Sweet & Sour Pork**
with basmati rice and vegetable mix.

VEGETARIAN/CHEESE

- **Chana Masala—Halal**
with basmati rice.
- **Cheese Omelet**
with home fries and stewed tomatoes.
- **Cheese Perogies w Sour Cream Sauce**
with carrots, peas, beans, pearl onions.
- **Macaroni & Cheese**
with mixed vegetables.
- **Mexican Rice & Bean Casserole**
with cheese and vegetable mix.
- **Pasta Primavera**
with mixed carrots and green beans.
- **Scrambled Eggs with Home Fries**
with baked beans in tomato sauce.
- **Sweet and Sour Tofu**
with rice and side of asparagus.
- **Spaghetti & Tomato Sauce**
with carrots and green & yellow beans.
- **Vegetarian Chili**
with white rice.
- **Vegetarian Dhal—Halal**
with rice, carrots, and zucchini.
- **Vegetable Lasagna**
with peas, onions, corn and peppers.
- **Vegetarian Stew**
with mashed potatoes, carrots, and beans.

SOUPS

- Beef Barley
- Beef and Vegetable
- Broccoli Soup
- Carrot Soup
- Chicken Noodle
- Chicken and Vegetable
- Country Vegetable
- Cream of Cauliflower
- Cream of Mushroom
- Cream of Potato and Leek
- Cream of Tomato
- Minestrone
- Split Pea with Ham
- Squash
- Turkey Rice

DESSERTS

- Apple Cake
- Apple Pie Square
- Banana Cake
- Blueberry Scone
- Brownie
- Butter Tart
- Carrot Loaf
- Cherry Cheesecake
- Chocolate Fudge Cake
- Fruit Cocktail
- Lemon Layer Cake
- Lemon Tart
- Orange Layer Cake
- Pecan Tart
- Raspberry Tart
- Sticky Toffee Pudding
- Strawberry Shortcake

Safe Storage and Heating Info

- Keep frozen at -18°C.
- Heat from frozen in oven or microwave.
- Refer to individual heating instructions.
- Consume by best before date on label.
- Do not refreeze.

Frozen Meal Program



Choose from a wide variety of entrées (\$7.00 each), as well as soups and desserts (\$3.00 each).

We offer delivery and pick up options. Gift certificates available.

For nutritional information, visit:
my.apetito.ca/nutridata



*Empowering you to live at home
in the City and County of Peterborough*

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BEEF

- **Beef Stew**
with squash and mashed potatoes.
- **Beef Stroganoff**
with egg noodles, peas, and red pepper.
- **Beef Curry—Halal**
with rice and green beans.
- **Chopped Swiss Steak**
in tomato gravy with potatoes & squash.
- **Liver & Onions**
with mashed potatoes & vegetable mix.
- **Macaroni Meat & Cheese Casserole**
with green & yellow beans and carrots.
- **Meat Lasagna**
with mixed carrots and green beans.
- **Meatloaf and Tomato Sauce**
with carrots, green beans, peas, and corn.
- **Meatloaf in Mushroom Gravy**
with potatoes and green & yellow beans.
- **Asian-Style Beef**
with white rice and peas.
- **Salisbury Steak with Onion Gravy**
with red-skinned potatoes and carrots.
- **Shepherd's Pie**
with peas and carrots.
- **Sliced Beef with Mushroom Gravy**
with potatoes and mixed vegetables.
- **Spanish Rice With Beef**
with corn, zucchini, peppers, and squash.
- **Sliced Beef with Mushroom Gravy**
with mashed potato, peas and carrots.
- **Spaghetti Bolognese**
with carrots.
- **Spicy Beef Stew—Halal**
with rice, diced turnips, and carrots.
- **Steak & Mushroom Pie**
with carrots, beans, peas, and onions.
- **Traditional Pot Roast**
with potatoes, carrots, green & yellow beans.

FISH

- **Asian Glazed Salmon**
on a bed of shredded cabbage with rice.
- **Fish Cakes**
with potatoes, peas and carrots.
- **Fish & Country Style Potatoes**
Battered Cod with potatoes and peas.
- **Fish Florentine (Cod)**
on a bed of spinach with cheese sauce, red-skinned potatoes, and carrots.
- **Lemon Herb Fish (Cod)**
with potatoes, carrots, and green beans.
- **Salmon with Lemon Sauce**
on white rice with peas and carrots.
- **Shrimp with Tomato Pepper Sauce**
with rice and a side of peas and carrots.
- **Tuna Pasta Casserole**
with peas and carrots.

POULTRY

- **Butter Chicken—Halal**
with rice and green beans.
- **Breaded Chicken Fingers**
with potatoes and vegetable blend.
- **Chicken à la King**
with mashed potatoes and carrots.
- **Chicken Biryani—Halal**
with sides of rice and peas.
- **Chicken Breast w/ Broccoli & Cheddar**
with potatoes and mixed vegetables.
- **Chicken Breast w/ Cheddar & Bacon Sauce**
with rosemary potatoes and mixed vegetables.
- **Chicken Cacciatore**
with mashed potatoes, zucchini, and carrots.
- **Chicken Pot Pie**
with green beans and carrots.

- **Chicken Teriyaki**
with side of rice.
- **Chicken Rose Pasta**
with green beans.
- **Chicken Stew**
with mashed turnips and spinach.
- **Chicken with Honey BBQ Sauce**
with vegetable rice pilaf and vegetable mix.
- **Chicken with Mushroom Gravy**
with sweet potatoes and green beans.
- **Country Chicken**
with mashed potatoes, stuffing, and carrots.
- **General Tso's Chicken**
with rice pilaf and green beans.
- **Honey Apple Glazed Chicken**
with mixed vegetables & mashed potatoes.
- **Lemon Chicken**
with rice, snap peas, and mushrooms.
- **Lemon & Herb Chicken Souvlaki—Halal**
with sides of rice, peas, and diced turnips.
- **Roast Chicken Thigh**
with french fries, dipping sauce, and mixed carrots, corn, beans, and peas.
- **Sweet Curry Chicken—Halal**
with rice pilaf and green beans.
- **Sweet & Sour Chicken**
with white rice.
- **Turkey Chili**
with white rice and mixed corn and green and red peppers.
- **Turkey with Stuffing & Cranberry Sauce**
served with mashed potatoes and peas.

Note: Special dietary options are available for Lactose free, Gluten free and Renal diets.

We also offer Minced and Pureed frozen entrées.