

## VEGETABLE/CHEESE

- **Chana Masala**  
with basmati rice.
- **Cheese Omelet**  
served with home fried potatoes and stewed tomatoes.
- **Macaroni & Cheese**  
with stewed tomatoes and mixed carrots, beans, peas and pearl onions.
- **Mexican Rice & Bean Casserole**  
topped with cheese & served with a vegetable mix.
- **Pasta Primavera**  
With mixed orange & yellow carrots & green beans.
- **Scrambled Eggs with Home Fries**  
with a side of baked beans in tomato sauce.
- **Spaghetti & Tomato Sauce**  
topped with mozzarella cheese, with carrots and green and yellow beans.
- **Vegetable Lasagna**  
with peas & pearl onions and mixed corn and green & red peppers.
- **Vegetarian Chile**  
with white rice.
- **Vegetarian Dhal**  
a mild lentil curry with basmati rice, carrots & zucchini.
- **Vegetarian Lasagna**  
with peas and pearl onions and mixed corn and green and red peppers.

## SOUPS

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

## DESSERTS

- Apple Crisp
- Banana Cake
- Butter Tart
- Carrot Cake
- Cherry Cobbler
- Cherry Cheesecake
- Cherry Streusel
- Chocolate Fudge Cake
- Fruit Cocktail
- Lemon Layer Cake
- Lemon Tart
- Orange Layer Cake
- Peach Cobbler
- Pecan Tart
- Raspberry Tart
- Sticky Toffee Pudding
- Strawberry Shortcake

### Safe Storage and Heating

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

- Gift Certificates available.
- Delivery available.

Updated April 2022

# Frozen Meal Program



Entrees \$5.50  
Soups & Desserts \$2.75

Peterborough Office  
185 Hunter St E  
Peterborough, ON  
K9H 0H1

Phone: 705-742-7067  
Fax: 705-742-7608

Email:  
peterborough@commcareptbo.org  
Website:  
www.commcareptbo.org

**\*\*\*For up to date Nutritional information  
please visit: [my.apetito.ca/nutridata](http://my.apetito.ca/nutridata)\*\*\***

**\*\*To ensure the meals meet your dietary  
needs speak to your dietician\*\***

**\*Special options available for lactose free,  
gluten free and phosphorus diets. We also carry  
minced and pureed entrees.\***

## PORK

- **Apple Braised Pork**  
with mashed potatoes and a mix of peas and carrots.
- **Baked Ham**  
in a pineapple sauce served with cheese-topped mashed potatoes and carrots.
- **Bangers & Mash**  
with mashed potatoes with 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 pilaf and vegetable mix.

## FISH

- **Asian Glazed Salmon**  
on a bed of shredded cabbage with white rice.
- **Fish Cakes**  
with tartar sauce, French fries, peas and red pepper.
- **Fish & Chips**  
with carrots, peas, green beans and corn.
- **Fish Florentine**  
cheese sauce over haddock on a bed of spinach served with dill potatoes and carrots.
- **Lemon Herb Fish**  
haddock with a herb paste served with home fries and mixed corn and green & red peppers.
- **Salmon with Lemon Sauce**  
on white rice with peas, carrots and mashed turnip.
- **Tuna Pasta Casserole**  
with peas and carrots.

## BEEF

- **BBQ Beef Patty**  
with New England vegetable mix and mashed potatoes.
- **Beef Stew**  
with squash and mashed potatoes.
- **Beef Stroganoff**  
on a bed of egg noodles with peas and red pepper.
- **Chopped Swiss Steak**  
in a tomato gravy with mashed potatoes and squash.
- **Italian Style Breaded Veal**  
topped with tomato sauce and cheese, served with mashed potatoes, peas and carrots.
- **Liver & Onions**  
served with mashed potatoes and mixed carrots, beans, peas and pearl onions.
- **Macaroni Meat & Cheese Casserole**  
ground beef in tomato sauce, topped with macaroni and cheese with green beans & yellow beans and baby carrots.
- **Meatballs in Gravy**  
with mashed potato and carrots.
- **Meat Lasagna**  
with mixed orange & yellow carrots and green beans.
- **Meatloaf in Mushroom Gravy**  
with mashed potatoes and green & yellow beans and baby carrots.
- **Oriental Beef**  
with white rice and peas.
- **Salisbury Steakette**  
in a mushroom gravy with home fries and mixed carrots, beans, peas and pearl onions.
- **Shepherd's Pie**  
served with peas and carrots.
- **Sliced Beef with Creamy Peppercorn Sauce**  
with country style potatoes and a carrot & broccoli mix.
- **Sliced Beef with Mushroom Gravy**  
with mashed potato, peas and carrots.
- **Spaghetti Bolognese**  
served with carrots.
- **Steak & Mushroom Pie**  
served with mixed carrots, beans, peas and pearl onions.
- **Traditional Pot Roast**  
with country-style potatoes, carrots and green & yellow beans.

## POULTRY

- **Breaded Chicken Breast**  
on a red pepper rice pilaf topped with Caesar sauce and served with carrots and yellow & green beans.
- **Breaded Chicken Fingers**  
with French fries, peas and carrots.
- **Chicken á la King**  
with mashed potatoes and carrots.
- **Chicken & Chorizo Jambalaya**  
with green beans and carrots.
- **Chicken Breast with Broccoli & wh. Cheddar**  
with roasted potatoes and mixed carrots, beans, peas and pearl onions.
- **Chicken Breast with Cheddar & Bacon Sauce**  
with rosemary potatoes and mixed vegetables.
- **Chicken Cacciatore**  
with mashed potatoes, zucchini and carrots.
- **Chicken Pot Pie**  
served with green beans and baby carrots.
- **Chicken Rose Pasta**  
with green beans.
- **Chicken Stew**  
with mashed turnips and garlic-buttered spinach.
- **Chicken with Honey BBQ Sauce**  
With vegetable rice pilaf and mixed vegetables.
- **Chicken with Mushroom Gravy**  
with sweet potatoes and green beans.
- **Chicken with Tangy BBQ Sauce**  
with a mix of peas and carrots and a side of red-skinned potatoes.
- **Country Chicken**  
with brown gravy, mashed potatoes, stuffing and carrots.
- **General Tso's Chicken**  
with rice pilaf and green beans.
- **Lemon Chicken**  
with white rice sugar snap peas and mushrooms.
- **Roast Chicken Thigh**  
with French fries, dipping sauce and mixed carrots, corn, beans and peas.
- **Sweet Curry Chicken**  
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.