

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 Stew**
with white rice and green beans.

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**
- **Blueberry Cake (no sugar added)**
- **Butter Tart**
- **Carrot Cake**
- **Cheesecake (no added sugar)**
- **Cherry Cobbler**
- **Cherry Cheesecake**
- **Cherry Streusel**
- **Chocolate Brownie**
- **Chocolate Fudge Cake**
- **Fruit Cocktail**
- **Lemon Layer Cake**
- **Lemon Tart**
- **Light Chocolate Mousse**
- **Light Strawberry Mousse**
- **Light Tangerine Mousse**
- **Orange Layer Cake**
- **Peach Cobbler**
- **Pecan Tart**
- **Raspberry Tart**
- **Rice Pudding**
- **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.**

Frozen Meal Program



Entrees \$5.25
Soups & Desserts \$2.50

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*****For up to date Nutritional information
please visit: 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.