

Frozen Meal Monthly Menu

Meals are **\$5.25 each** or **\$34.40** when ordered in a package of **seven meals** OR **five meals** and **five soups/desserts**. **\$2.40** for individual soups and desserts. Meals will be delivered to you on the **first Monday** of every month, unless it is a statutory holiday (delivery will then be on the **second Monday** of that month). Orders must be received at least one week before delivery date.

BEEF

12005	Macaroni Meat & Cheese Casserole	DLS
12008	Beef Stew	DLFLS
12010	Traditional Pot Roast	DLS
12017	Salisbury Steak	D
12046	Chopped Swiss Steak	DLS
12062	Meatloaf in Mushroom Gravy	DLF
12087	Liver & Onions	D
12092	Meat Lasagna	D
12095	Beef In Black Bean Sauce	D
12096	Ginger Beef	D
12108	Shepherd's Pie	D
12109	Veal Parmigiana	D
12111	Spaghetti Bolognese	DLFLS
12118	Steak & Mushroom Pie	D
12125	Meatballs in Gravy	D
12128	Veal Goulash	DLF
12130	Beef Stroganoff	DLS
12132	Sliced Beef w/ Onion Gravy	DLS
12140	Beef Curry	D

CHICKEN & TURKEY

12001	Chicken à la King	DLS
12007	Turkey w/ Stuffing & Cranberry Sauce	DLFLS
12032	Country Chicken	DLFLS
12057	Breaded Chicken Breast	D
12078	Chicken Cacciatore	DLF
12090	Roast Chicken	D
12094	Lemon Chicken	DLFLS
12113	Breaded Chicken Fingers	D
12114	General Tso's Chicken	D
12116	Chicken Stew	D
12124	Chicken Breast w/ White Cheddar and Broccoli Sauce	DLF
12127	Turkey Chili	DLFLS
12135	Chicken Pot Pie	DLS
12139	Sweet & Sour Chicken	DLFLS
12141	Chicken Breast w/ Cheddar & Bacon Sauce	D
12142	Herbed Chicken with Mushroom Gravy	DLFLS

PORK

12020	Pork with Stuffing	DLS
12073	Tourtiere Meat Pie	D
12089	Rib Style Pork Cutlet	D
12097	Char Sui Pork	DLF
12115	Baked Ham	D
12120	Egg & Bacon Brunch	D
12129	Apple Braised Pork	DLF
12133	Crumbled Sausage Penne	D
12138	Bangers & Mash	D

FISH

12003	Fish Florentine	DLS
12013	Fish & Chips	D
12031	Lemon Herb Fish	DLS
12063	Salmon in Lemon Sauce	DLFLS
12098	Fish in Black Bean Sauce	DLF
12119	Asian Glazed Salmon	DLFLS
12126	Creamed Salmon	D
12134	Fish Cakes	D
12144	Fisherman's Pie	D

VEGETARIAN

10004	Vegetarian Chili	DLF
10006	Vegetarian Dhal	DLF
10007	Vegetarian Pasta Primavera	DLF
10009	Vegetarian Stew	DLFLS
10046	Cheese & Potato Perogies	DLF
10047	Cheese Omelet	D
12021	Vegetable Lasagna	D
12079	Macaroni & Cheese	D
12121	Vegetable Chow Mein	D
12131	Chana Masala	DLFLS
12137	Vegetarian Tofu Oriental	DLFLS

GLUTEN-FREE

12140	Beef Curry	D
12141	Chicken Breast w/ Cheddar & Bacon Sauce	D
12142	Herbed Chicken w/ Mushroom Gravy	DLFLS
12143	Seasoned Pork Loin	DLS
12144	Fisherman's Pie	D

DESSERT

09011	Low Sugar Choc Mousse	D
09021	Low Sugar Straw Mousse	DLS
09041	Low Sugar Tang Mousse	DLS
14008	Butter Tart	
14009	Carrot Cake	
14011	Apple Crisp	DLS
14012	Peach Cobbler	DLS
14013	Rice Pudding	DLFLS
14014	Cherry Cobbler	DLS
14016	Fruit Cocktail	DLFLS
14026	Cherry Streusel	LS
14056	Lemon Tart	
14058	Banana Cake	
14076	Cheesecake	D
14077	Pecan Pie	
14080	Raspberry Tart	
14091	Strawberry Swirl Cheesecake	
14092	Strawberry Shortcake	
14093	Lemon Layer Cake	
14094	Chocolate Fudge Cake	
14095	Sticky Toffee Pudding	
14096	Orange Layer Cake	
14313	Blueberry Cake	D

SOUP

93007	Beef Barley	DLFLS
93012	Crm of C'flower	D
93013	Chicken Noodle	DLS
93014	Minestrone	DLFLS
93015	Country Veg	DLFLS
93017	Crm PotatoChive	D
93019	Crm Broccoli	D
93020	Crm Mushroom	D
93022	Turkey Rice	DLFLS
93023	Crm Tomato	D
93024	Crm GrnSplitPea	D
93045	Turkey Noodle	DLS
93046	Cdn Split Pea	DLFLS
93047	Italian Wedding	DLS
93048	Brocc & Cheese	DLS
93050	Crm Chicken	D
93063	Squash	D

Special diet meals are available on the next page.

D Diabetic
LF Low Fat
LS Low Sodium

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Western Ottawa Community Resource Centre  Centre de ressources communautaires d'Ottawa ouest

Updated: November 2016

Frozen Meal Monthly Menu (Cont'd)

Special Diets

SPECIAL DIETS

*Suitable for Renal, Gluten Free,
Lactose Free & Low Sodium*

10012	___ Apple Pork	DLFLS
10017	___ Beef & Veg Casserole	DLS
10018	___ Herbed Fish	DLFLS
10020	___ Hawaiian Chicken	DLFLS
10021	___ Turkey with Gravy	DLFLS
10033	___ Chicken with Gravy	DLFLS
10054	___ Pot Roast Beef	DLS

MINCED

17001	___ Beef Dinner	DLF
17002	___ Apple Braised Pork	DLS
17003	___ Ham	DLF
17004	___ Chicken à la King	DLFLS
17005	___ Turkey Dinner	DLF
17006	___ Pesto Chicken	D
17009	___ Pasta Primavera	DLF
17010	___ Beef Stew	DLFLS
17012	___ Honey Dijon Pork	DLS
17013	___ Vegetarian Stew	DLFLS

THICKENED SOUP

13053	___ Broccoli	D
13054	___ Carrot	D
13055	___ Cauliflower	D
13056	___ Chicken Noodle	DLF
13057	___ Mushroom	D
13058	___ Tomato Beef	DLF

PUREED

16001	___ Chicken à la King	DLF
16003	___ Apple Braised Pork	D
16004	___ Macaroni & Cheese	D
16005	___ Shepherd's Pie	D
16006	___ Turkey Dinner	D
16007	___ Beef & Vegetable Casserole	D
16009	___ Pot Roast Beef	D
16011	___ Sweet & Sour Chicken	D
16016	___ Meatloaf	D
16017	___ Lemon Heb Fish	D
16018	___ Chicken Cacciatore	DLF
16020	___ Spaghetti Bolognese	D
16021	___ Turkey Casserole	D
16023	___ Creamed Salmon	D

PUREED DESSERT

09011	___ Low Sugar Chocolate Mousse	D
09021	___ Low Sugar Strawberry Mousse	DLS
09041	___ Low Sugar Tangerine Mousse	DLS
14022	___ Vanilla Pudding (2)	LS

LOW SODIUM SOUP

93346	___ Low Sodium Chicken Noodle	DLFLS
93347	___ Low Sodium Minestrone	DLFLS
93348	___ Low Sodium Tomato Lentil	DLFLS
93349	___ Low Sodium Country Vegetable	DLFLS

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Frozen Meal Weekly Menu

Individual meals are **\$5.25 each**.

Available for pick up at our Nepean building (3865 Old Richmond Road, Bells Corners) or delivery by calling **613-591-3686, option 3**. Order by the **previous day at noon** (minimum order of 5 meals, no maximum) for delivery.

Nepean delivery every **Wednesday**.

Kanata, Stittsville and West Carleton delivery every **Thursday**.

All entrées are suitable for diabetic diets.

1. **COUNTRY CHICKEN** (*low fat, low calorie, low sodium*)

Boneless chicken thighs simmered in a mild creamy wine sauce with mashed potatoes and carrots.

2. **CHICKEN CACCIATORE** (*low fat, low calorie, low sodium*)

Chicken and vegetables covered in a rich chunky tomato sauce, served with mashed potatoes, zucchini and carrots.

3. **BREADED CHICKEN BREAST**

Breaded chicken breast with mushroom bacon flavours on rice with carrots and green beans.

4. **ROAST CHICKEN**

Roast chicken thigh on the bone, served with a dipping sauce, fries and a mix of carrots, corn, green beans and peas.

5. **SALMON FILLET** (*low fat, low calorie, low sodium*)

Fillet of salmon served on top of a bed of rice, covered in a creamy lemon sauce, accompanied by broccoli, carrots and cauliflower.

6. **FISH FLORENTINE** (*low calorie, low sodium*)

A mild white fish topped with cheddar cheese sauce, served with whole potatoes, spinach and carrots.

7. **VEGETABLE LASAGNA**

Pasta layered with spinach, tomato and three cheeses with a medley of vegetables.

8. **APPLE BRAISED PORK** (*diabetic, low calorie and low fat*)

With stuffing, mashed squash and green beans.

9. **PORK WITH STUFFING**

Slices of roast pork in gravy with savoury dressing, mashed potatoes and carrots.

10. **BBQ RIB STYLE PORK CUTLET** (*low calorie*)

With squash and home fries.

Continued on the next page.



Frozen Meal Weekly Menu (Cont'd)

11. BEEF STEW (low fat, low calorie)

Traditional beef stew with whole potatoes and broccoli.

12. BEEF STROGANOFF

Tender pieces of beef in a creamy sauce served over noodles with green beans and beets.

13. MACARONI MEAT CASSEROLE (low sodium)

Ground beef and tomato sauce with macaroni and cheese topping along side broccoli and mixed vegetables.

14. SHEPHERD'S PIE (low calorie)

Seasoned ground beef topped with mashed potatoes, served with green beans, peas and carrots.

15. VEAL PARMIGIANA

Breaded veal cutlet topped with tomato sauce and cheese, served with peas and carrots.

16. TRADITIONAL POT ROAST (low calorie, low sodium)

Flavourful and tender beef topped with gravy, served with roasted diced potatoes and vegetables.

17. SALISBURY STEAK (low calorie)

Beef patty in gravy, served with home fries, cauliflower, broccoli and carrots.

18. MEATLOAF IN MUSHROOM GRAVY (low fat, low calorie)

Homestyle meatloaf in a mushroom wine sauce served with mashed potatoes and green and yellow beans.

19. TURKEY WITH STUFFING (low fat, low calorie, low sodium)

Sliced breast of turkey with gravy and bread stuffing with peas, mashed potatoes and cranberry sauce.

20. BANGERS AND MASH

Sausages and mashed potatoes with gravy, peas and yellow beans.

