

Frozen Meal Menu Selection

LF- Low fat- 3g or less per 100g
LS- Low sodium- less than 140mg per 100g
LC-Low calorie- 120 cal or less per 100g
V- vegetarian- may contain dairy
(vegan)- no milk or egg products

All meals are suitable for Diabetics

Beef

Macaroni, Meat & Cheese Casserole ground beef in a tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots LS

Beef Stew with squash and mashed potato LF LC

Traditional Pot Roast with country style potatoes, carrots and green & yellow beans LS

Salisbury Steakette in mushroom gravy, home fried potatoes and mixed carrots, beans, peas and pearl onions LC

Chopped Swiss Steak in tomato gravy with squash and mashed potato LC LS

Meatloaf in Mushroom Gravy with mashed potato, green & yellow beans and carrots LF LC

Liver and Onions with mashed potato, mixed carrots, peas, beans and pearl onions

Meat Lasagna served with mixed orange and yellow carrots and green beans

Shepherd's Pie with peas and carrots LC

Veal Parmigiana topped with tomato sauce and cheese, served with peas, carrots & mashed potato

Spaghetti Bolognese with carrots LF LC

Steak & Mushroom Pie with mixed beans, carrots, peas and pearl onions LC

Meatballs in Gravy with mashed potato and carrots LC

Beef Stroganoff over noodles with peas and red pepper LS

Sliced Beef with Onion Gravy with mashed potato, peas and carrots LS

Meatballs & Peppers in herb gravy with mashed potatoes and carrots LC

Sliced Beef with Mushroom Gravy with mashed potatoes and mixed vegetables LC

Steak and Potato Stew

Poultry

Chicken a la King with carrots and mashed potato LC LS

Turkey with Stuffing & Cranberry Sauce with peas and mashed potato
LF LC LS

Country Chicken in brown gravy with mashed potato, stuffing and carrots
LF LC LS

Breaded Chicken Breast on top of caesar sauce on a red pepper rice pilaf with green & yellow beans and carrots LC

Chicken Cacciatore with mashed potato, zucchini and carrots LF LC LS

Roast Chicken bone-in chicken thigh with fries, dipping sauce, and a mix of carrots, corn, beans and peas

Lemon Chicken chicken breast in lemon sauce with white rice, sugar snap peas and mushrooms LC LF LS

Breaded Chicken Fingers with french fries, peas and carrots

General Tso's Chicken sweet and sour boneless chicken with vegetable fried rice and bok choy

Chicken Stew with mashed turnip and garlic-buttered spinach LC

Chicken Breast with White Cheddar & Broccoli Sauce with roasted potatoes and mixed carrots, beans, peas and pearl onions LC LF

Turkey Chili with white rice and mixed corn and green & red peppers
LC LF LS

Chicken Pot Pie chicken, carrots, peas and mushrooms in a cream sauce topped with pastry, served with green beans and baby carrots LC LS

Sweet & Sour Chicken with white rice LF LC LS

Chicken Breast with Cheddar & Bacon Sauce with rosemary potatoes and mixed vegetables LC

Herb Chicken with Mushroom Gravy herbed chicken breast with sweet potatoes and French style green beans LC LF LS

Creamy Ranch Chicken with diced potatoes and green beans LC

Chicken with Honey BBQ Sauce with vegetable rice pilaf and mixed vegetables LC LF LS

Coconut Lime Chicken

Chicken Florentine Penne

Chicken Curry

Pork

Pork with Stuffing with mashed potato and carrots LS

Tourtiere Meat Pie ground pork & beef topped with pastry and served with peas and mixed corn with bell peppers

BBQ Rib-Style Pork Cutlet with squash and home fried potatoes LC

Baked Ham in pineapple sauce with cheese topped mashed potato and carrots LF LC

Bangers and Mash with mashed potato, gravy and peas

Seasoned Pork Loin with succotash and scalloped potatoes LC LS

Ham & Broccoli Casserole with red-skinned potatoes and carrots LC

Fish

Fish Florentine cheese sauce over haddock fillet on a bed of spinach served with dill potatoes and carrots LC LS

Fish & Chips with mixed carrots, peas, green beans and corn

Lemon Herb Fish haddock with a herb paste served with home fried potatoes and mixed corn and green & red peppers LC

Salmon in Lemon Sauce on white rice with peas, carrots and mashed turnip LF LC LS

Asian Glazed Salmon on a bed of shredded cabbage with white rice D LC

Fish Cakes with tartar sauce, french fries, peas and red pepper LC LF

Creamed Salmon Supreme

Vegetarian

Vegetarian Chili with white rice and mixed corn and green & red peppers LF LC V *Vegan*

Vegetarian Dhal a mild lentil curry with seasoned rice, carrots and zucchini
LF LC V *Vegan*

Vegetarian Pasta Primavera with mixed orange & yellow carrots and green beans
LF LC V *Vegan*

Vegetarian Stew with mashed potato and squash LF LC LS V *Vegan*

Cheese Omelet with home fried potatoes and stewed tomatoes V

Vegetable Lasagna with peas & pearl onions and mixed corn and green & red peppers V

Macaroni & Cheese with stewed tomatoes and mixed carrots, peas, beans and pearl onions LC V

Chana Marsala a mild chick pea curry with seasoned white rice LC LF LS V
Vegan

Vegetarian Tofu Oriental with white rice and green beans LC V *Vegan*

Vegetable & Lentil Pot Pie with diced squash and French style green beans
LC V *Vegan*

Broccoli, Mushroom & Rice Casserole with string beans and carrots LC V

Tofu Teriyaki

Spaghetti with Tomato Sauce

Gluten-Free

Beef Curry with seasoned white rice and peas GF

Chicken Breast with Cheddar & Bacon Sauce with rosemary potatoes and mixed vegetables GF LC

Herbed Chicken with Mushroom Gravy herbed chicken breast with sweet potatoes and French style green beans GF LC LF LS

Seasoned Pork Loin with succotash and scalloped potatoes GF LC LS

NOTE: For more gluten free options see page 11

Soups

All soups are suitable for Diabetics

Beef Barley LF LC LS

Cream of Cauliflower LC V

Chicken Noodle LC LS

Minestrone LC LF LS V *Vegan*

Country Vegetable LC LF LS V
vegan

Cream of Potato & Chive LC V

Cream of Broccoli LC V

Cream of Mushroom LC V

Turkey Rice LC LF LS

Cream of Tomato LC V

Cream of Green Split Pea LC V

Turkey Noodle LC LS

Canadian Split Pea LC LF LS

Italian Wedding LC LS

Broccoli & Cheese LC LS V

Cream of Chicken LC

Squash LC V

Low Sodium Soups (LF LC LS)

Low Sodium Chicken Noodle

Low Sodium Minestrone

Low Sodium Tomato Lentil

V (vegan)

Low Sodium Country Vegetable

V(vegan)

Desserts

Chocolate Mousse, low sugar **D** LC
Tangerine Mousse, low sugar **D** LC LS
Strawberry Mousse, low sugar **D** LCLS
Butter Tart V
Carrot Cake V
Apple Crisp **D** LS V
Peach Cobbler **D** V
Rice Pudding **D** LC LF LS V
Cherry Cobbler **D** V
Fruit Cocktail **D** LC LF LS V
Cherry Streusel LS
Strawberry Shortcake
Chocolate Fudge Cake

Lemon Tart
Banana Cake V
Cheesecake **D** V
Pecan Pie
Lemon Layer cake V
Raspberry Tart
Orange Layer Cake V
Sticky Toffee Pudding V
Strawberry Swirl Cheesecake
Blueberry Cake **D** LC
Chocolate Brownie

Items marked 'D' (diabetic) contain artificial sweetener

Vanilla pudding, Chocolate, tangerine and strawberry mousse are all suitable for a puree diet.

Special Diet Meals - *All meals are suitable for renal, gluten free, lactose free & low sodium*

Apple Pork with white rice, green beans and squash LF LC LS

Beef & Vegetable Casserole with white rice and peas LS

Herbed Fish with white rice and peas LF LC LS

Hawaiian Chicken with white rice and carrots LF LC LS

Turkey in Gravy with white rice, green beans and squash LF LC LS

Chicken with Gravy with white rice pilaf and green beans LF LC LS

Pot Roast Beef with white rice, green beans and squash LS

Minced

Beef Dinner with mashed potato and peas LF LC

Apple Braised Pork with mashed potato and green beans LC LS

Ham with mashed potato and yellow beans LF LC

Chicken A La King with mashed potato and green beans LF LC LS

Turkey Dinner with mashed potato and mixed vegetables LF LC

Pesto Chicken with cheddar potatoes and minced mixed vegetables LC

Pasta Primavera with mashed potato and peas LF LC V

Beef Stew with mashed potato and carrots LF LC LS

Honey Dijon Pork with cheddar potatoes and minced mixed vegetables LC
LS

Vegetarian Stew with mashed potatoes and minced mixed vegetables LC LF
LS V

Sweet & Sour Chicken with mashed potatoes and minced peas LC LF LS

Pureed

Chicken A La King with mashed potato and carrot LC

Lasagna with pureed broccoli and pureed carrots LC LF

Apple Braised Pork with sweet potato and green beans LC

Macaroni & Cheese with mashed potato and broccoli

Shepherd's Pie with peas and carrot LC

Turkey Dinner with mashed potato and squash LC

Beef & Vegetable Casserole with mashed potato and broccoli LC

Pot Roast Beef with mashed potato and carrot LC LS

Sweet & Sour Chicken with mashed potato and mixed vegetables LC

Meatloaf with mashed potatoes squash and pumpkin LC

Lemon Herb Fish with mashed potato and mixed vegetables LC

Chicken Cacciatore with mashed potato and peas LF LC

Spaghetti Bolognese with mashed potatoes and green bean LC

Turkey Casserole with mashed potato and green beans LC

Creamed Salmon with mashed potato and spinach LC

Thickened Pureed Soup

Broccoli LC

Carrot LC

Cauliflower LC

Chicken Noodle LF LC

Mushroom LC

Tomato Beef LF LC

Pureed Desserts

Chocolate Mousse D LC

Strawberry Mousse D LC LS

Tangerine Mousse D LC LS

Vanilla Pudding LS V