



FROZEN MEALS SERVICE



MENU

Effective: February 2, 2015

WELCOME TO OUR MENU

We understand that you may not always want to cook your own meals every day, together with going to the grocery store, getting the right ingredients and even cooking the meal itself. Our menu is full of tempting dishes to help you enjoy a well-balanced meal every day. Even if you have to follow a special diet, we have lots of affordable, nutritious and tasty meal options.

Our menu provides complete meals, soups and desserts that are delivered to your home. The meals are frozen to preserve freshness. All of the items on the menu are made with a focus on nutrition. Most of them are diabetic friendly, low in fat, calories and sodium. We have a number of low sodium soup options and a few desserts that are made with low sugar. Our diet codes that classify each meal will help you choose which item is right for you. Turn to [page 1](#) for more information.

We also provide meals that are lactose and gluten free and suitable for a renal diet. In addition, we offer a range of complete meals and soups for a minced and pureed diet. We hope you enjoy browsing through the menu. You can place your order whenever you are ready.

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DIET SYMBOLS

We have classified each meal, soup and dessert with a diet code. You will find each item's code(s) beneath its description. Use them to select the meals suitable for your diet.

The definitions are below.

D **SUITABLE FOR A DIABETIC DIET.**

Try these, along with your dietitian's recommendations.

GF **GLUTEN-FREE.**

These meals do not contain any gluten proteins or wheat.

LC **LOW CALORIE.**

These meals contain 120 calories or less per 100g.

LF **LOW FAT.**

These meals contain 3g or less of fat per 100g.

LS **LOW SODIUM.**

These meals contain less than 140mg of sodium per 100g.

V **VEGETARIAN.**

These meals contain no meat, however they may contain dairy such as milk, vegetarian cheese and eggs.

VEGAN Vegetarian items that do not contain dairy or egg products.

12119 **ASIAN GLAZED SALMON** on a bed of shredded cabbage with white rice.

D LC LF LS



CLIENT LETTER

We received a heartfelt letter from a client expressing her gratitude for our meals.

She says, "I wonder if you realize what a blessing your Meals on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in the winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. For one person it is hard to keep fresh food; plus your meals give me so much variety. Since I have been enjoying your meals I feel much better physically and mentally. Just the fact that they are delivered makes me feel that someone cares."

M6A 3E6

March 25, 2013

Apetito Canada Ltd.
Brampton, Ontario

Dear Friends:

I wonder if you realise what a blessing your Meals-on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. At my age I really only want one big meal a day and for one person it is hard to buy and keep fresh food; plus your meals give me so much variety. I don't eat a great many sweets, so I think your desserts are wonderful.

Since I have been enjoying your meals I feel much better both physically and mentally. Just the fact that they are delivered makes me feel that someone cares.

Thanks again for all your hard work in preparing this food and I wish you all the best of health and happiness.

Sincerely,

Evelyn Stagg

BEEF

MACARONI MEAT & CHEESE CASSEROLE

ground beef in tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots.

D LS 12005

BEEF STEW

with squash and mashed potatoes.

D LC LF LS 12008

TRADITIONAL POT ROAST

with country-style potatoes, carrots and green & yellow beans.

D LS 12010

SALISBURY STEAK

with mushroom gravy, home fried potatoes and mixed carrots, beans, peas and pearl onions.

D LC 12017

CHOPPED SWISS STEAK

in tomato gravy with squash and mashed potatoes.

D LC LS 12046

MEATLOAF IN MUSHROOM GRAVY

with mashed potatoes, green & yellow beans and carrots.

D LC LF 12062

LIVER & ONIONS

with mashed potatoes and mixed carrots, beans, peas and pearl onions.

D 12087

MEAT LASAGNA

with mixed orange & yellow carrots and green beans.

D 12092

BEEF

BEEF IN BLACK BEAN SAUCE

beef pieces in black bean garlic sauce with vegetable fried rice.

D LC

NEW

12095

GINGER BEEF

beef cooked in ginger sauce with vegetable chow mein and broccoli.

D

NEW

12096

SHEPHERD'S PIE

with peas and carrots.

D LC

12108

VEAL PARMIGIANA

topped with tomato sauce and cheese, served with peas, carrots and mashed potatoes.

D

12109

SPAGHETTI BOLOGNESE

with carrots.

D LC LF LS

12111

STEAK & MUSHROOM PIE

with mixed carrots, beans, peas and pearl onions.

D LC

12118

MEATBALLS IN GRAVY

with mashed potatoes and carrots.

D

12125

VEAL GOULASH

with red skin potatoes and mashed turnip.

D LC LF

12128

BEEF

BEEF STROGANOFF

over egg noodles with peas and red pepper.

D LS

12130

SLICED BEEF WITH ONION GRAVY

with mashed potatoes, peas and carrots.

D LS

12132

BEEF CURRY

with seasoned white rice and peas.

D GF

NEW

12140

MEATLOAF IN MUSHROOM GRAVY



12062

CHICKEN & TURKEY

CHICKEN À LA KING

with carrots and mashed potatoes.

D LC LS

12001

TURKEY WITH STUFFING & CRANBERRY SAUCE

with peas and mashed potatoes.

D LC LF LS

12007

COUNTRY CHICKEN

in a brown gravy with mashed potatoes, stuffing and carrots.

D LC LF LS

12032

BREADED CHICKEN BREAST

on top of caesar sauce on a red pepper rice pilaf with green & yellow beans and carrots.

D LC

12057

CHICKEN CACCIATORE

with mashed potatoes, zucchini and carrots.

D LC LF

12078

ROAST CHICKEN

bone-in chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.

D

12090

LEMON CHICKEN

chicken breast in lemon sauce with with white rice, sugar snap peas and mushrooms.

D LC LF LS

NEW

12094

BREADED CHICKEN FINGERS

with french fries, peas and carrots.

D

12113

CHICKEN & TURKEY

GENERAL TSO'S CHICKEN

sweet and sour boneless chicken with vegetable fried rice and bok choy.

D **NEW** 12114

CHICKEN STEW

with mashed turnip and garlic buttered spinach.

D LC 12116

CHICKEN BREAST WITH WHITE CHEDDAR & BROCCOLI SAUCE

with roasted potatoes and mixed carrots, beans, peas and pearl onions.

D LC LF 12124

TURKEY CHILI

with white rice and mixed corn and green & red peppers.

D LC LF LS 12127

CHICKEN POT PIE

chicken, carrots, peas and mushrooms in a cream sauce topped with pastry is served with green beans and carrots.

D LC LS 12135

SWEET & SOUR CHICKEN

with white rice.

D LC LF LS 12139

CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with rosemary potatoes and mixed vegetables

D GF LC **NEW** 12141

HERBED CHICKEN WITH MUSHROOM GRAVY

herbed chicken breast with sweet potatoes and French style green beans

D GF LC LF LS **NEW** 12142

CHICKEN STEW



12116

PORK

PORK WITH STUFFING

with mashed potatoes and carrots.

D LS

12020

TOURTIERE MEAT PIE

ground pork & beef topped with pastry and served with peas and mixed corn and bell peppers.

D

12073

BBQ RIB STYLE PORK CUTLET

with squash and home fried potatoes.

D LC

12089

CHAR SIU BBQ PORK

barbecued pork loin with rice, sugar snap peas and mushrooms.

D LF

NEW

12097

BAKED HAM

in pineapple sauce with cheese on top, mashed potatoes and carrots.

D LC

12115

EGG & BACON BRUNCH

scrambled eggs, peameal bacon with home fried potatoes and apple sauce.

D LC

12120

PORK

APPLE BRAISED PORK

with stuffing, mashed sweet potatoes and green beans.

D LC LF

12129

CRUMBLIED SAUSAGE PENNE

with yellow peppers and mixed zucchini, cauliflower, carrots and celery.

D LC

12133

COUNTRY STYLE PORK CASSEROLE

with sweet potatoes and green beans.

D LC

12136

BANGERS & MASH

with mashed potatoes, gravy and peas.

D

12138

SEASONED PORK LOIN

with succotash and scalloped potatoes.

D GF LC LS

NEW RECIPE

12143

APPLE BRAISED PORK



12129

FISH

FISH FLORENTINE

cheese sauce over haddock fillet on a bed of spinach is served with dill potatoes and carrots.

D LC LS

12003

FISH AND CHIPS

with mixed carrots, peas, green beans and corn.

D

12013

LEMON HERB FISH

haddock with a herb paste is served with home fried potatoes and mixed corn and green & red peppers.

D LC LS

12031

SALMON IN LEMON SAUCE

on a bed of white rice with peas, carrots and mashed turnip.

D LC LF LS

12063

FISH IN BLACK BEAN SAUCE

haddock fillet in black bean garlic sauce with white rice and bok choy.

D LC LF

NEW

12098

ASIAN GLAZED SALMON

on a bed of shredded cabbage with white rice.

D LC LF LS

12119

CREAMED SALMON

salmon with corn, peas and carrots in a cream sauce is served with mashed potatoes and carrots.

D LC

12126

FISH CAKES

with tartar sauce, french fries, peas and red pepper.

D

12134

FISH

FISHERMAN'S PIE

diced salmon, peas and white cheddar sauce under a bed of hash browns, served with carrots.

D GF LC

NEW

12144

FISH FLORENTINE



12003

VEGETARIAN

VEGETARIAN CHILI

with white rice and mixed corn and green & red peppers.

D LC LF V VEGAN

10004

VEGETARIAN DHAL

a mild lentil curry with seasoned white rice, carrots and zucchini.

D LC LF V VEGAN

10006

VEGETARIAN PASTA PRIMAVERA

with mixed orange & yellow carrots and green beans.

D LC LF V VEGAN

10007

VEGETARIAN STEW

with mashed potatoes and squash.

D LC LF LS V VEGAN

10009

VEGETARIAN

CHEESE & POTATO PEROGIES

in a sour cream ranch sauce with carrots and spinach & sauerkraut.

D LC LF V

10046

CHEESE OMELET

with home fried potatoes and stewed tomatoes.

D V

10047

VEGETABLE LASAGNA

with peas & pearl onions and mixed corn and green & red peppers.

D V

12021

MACARONI & CHEESE

with stewed tomatoes and mixed carrots, beans, peas and pearl onions.

D LC V

12079

VEGETABLE CHOW MEIN

with stir fried vegetables.

D V VEGAN

NEW

12121

CHANA MASALA

a mild chick pea curry with seasoned white rice.

D LC LF LS V VEGAN

12131

VEGETARIAN TOFU ORIENTAL

with white rice and green beans.

D LC LF LS V VEGAN

12137

VEGETABLE LASAGNA



12021

GLUTEN-FREE

BEEF CURRY

with seasoned white rice and peas.

D GF **NEW** 12140

CHICKEN BREAST WITH CHEDDAR & BACON SAUCE

with rosemary potatoes and mixed vegetables.

D GF LC **NEW** 12141

HERBED CHICKEN WITH MUSHROOM GRAVY

herbed chicken breast with sweet potatoes and French style green beans.

D GF LC LF LS **NEW** 12142

SEASONED PORK LOIN

with succotash and scalloped potatoes

D GF LC LS **NEW RECIPE** 12143

FISHERMAN'S PIE

diced salmon, peas and white cheddar sauce under a bed of hash browns, served with carrots.

D GF LC **NEW** 12144

apetito offers some additional entrees which are gluten-free in addition to lactose-free, low sodium and suitable for renal diets under our "Special Diet" category on page 20.

SOUP

BEEF BARLEY SOUP

D LC LF LS **NEW RECIPE** 93007

CREAM OF CAULIFLOWER SOUP

D LC V **NEW** 93012

CHICKEN NOODLE SOUP

D LC LS **NEW RECIPE** 93013

MINISTRONE SOUP

D LC LF LS V VEGAN **NEW RECIPE** 93014

COUNTRY VEGETABLE SOUP

D LC LF LS V VEGAN **NEW RECIPE** 93015

CREAM OF POTATO & CHIVE SOUP

D LC V **NEW** 93017

CREAM OF BROCCOLI SOUP

D LC V **NEW** 93019

CREAM OF MUSHROOM SOUP

D LC V **NEW** 93020

TURKEY RICE SOUP

D LC LF LS **NEW** 93022

CREAM OF TOMATO SOUP

D LC V **NEW RECIPE** 93023

CREAM OF GREEN SPLIT PEA SOUP

D LC V **NEW** 93024

TURKEY NOODLE SOUP

D LC LS **NEW** 93045

CANADIAN SPLIT PEA SOUP

D LC LF LS **NEW** 93046

ITALIAN WEDDING SOUP

D LC LS **NEW** 93047

SOUP

BROCCOLI & CHEESE SOUP

D LC LS V **NEW** 93048

CREAM OF CHICKEN SOUP

D LC **NEW** 93050

SQUASH SOUP

D LC V 93063

CHICKEN NOODLE

low sodium

D LC LF LS 93346

MINISTRONE

low sodium

D LC LF LS 93347

TOMATO LENTIL

low sodium

D LC LF LS V VEGAN 93348

COUNTRY VEGETABLE

low sodium

D LC LF LS V VEGAN 93349

COUNTRY VEGETABLE SOUP



93015

BREAKFAST

ORANGE JUICE

D LC LF LS V VEGAN 07085

APPLE JUICE

D LC LF LS V VEGAN 07086

CARROT MUFFIN

V 08003

RAISIN BRAN MUFFIN

V 08004

CREAM OF WHEAT CEREAL

LC LF LS V 94000

OATMEAL

LC LF LS V 94001

DESSERT

LOW SUGAR CHOCOLATE MOUSSE

also suitable for a pureed diet.

D LC 09011

LOW SUGAR STRAWBERRY MOUSSE

also suitable for a pureed diet.

D LC LS 09021

LOW SUGAR TANGERINE MOUSSE

also suitable for a pureed diet.

D LC LS 09041

OATMEAL

V 14003

TRIPLE BERRY CRUMBLE

V 14007

DESSERT

BUTTER TART

V 14008

CARROT CAKE

V 14009

APPLE CRISP

D LS V 14011

PEACH COBBLER

D V 14012

RICE PUDDING

D LC LF LS V 14013

CHERRY COBBLER

D V 14014

FRUIT COCKTAIL

D LC LF LS V VEGAN 14016

STRAWBERRY SHORTCAKE

V 14018

CHOCOLATE FUDGE CAKE

V 14020

VANILLA PUDDING

also suitable for a pureed diet.

LS V 14022

LEMON TART

14056

BANANA CAKE

V 14058

CHEESECAKE

D V 14076

DESSERT

PECAN PIE

14077

LEMON LAYER CAKE

V

14078

RASPBERRY TART

14080

ORANGE LAYER CAKE

V

14081

STICKY TOFFEE PUDDING

V

14082

STRAWBERRY SWIRL CHEESECAKE

NEW

14091

BLUEBERRY CAKE

D LC

14313

CHOCOLATE PEAR CAKE

D LC

14314

CHOCOLATE FUDGE CAKE



14020

SPECIAL DIET

Suitable for Renal, Gluten-Free,
Lactose-Free + Low Sodium

APPLE PORK

with white rice, green beans and
squash.

D LC LF LS 10012

BEEF & VEGETABLE CASSEROLE

with white rice and peas.

D LS 10017

HERBED FISH

with white rice and peas.

D LC LF LS 10018

HAWAIIAN CHICKEN

with white rice and carrots.

D LC LF LS 10020

TURKEY WITH GRAVY

with white rice, green beans and
squash.

D LC LF LS 10021

CHICKEN WITH GRAVY

with white rice pilaf and green beans.

D LC LF LS 10033

POT ROAST BEEF

with white rice, green beans and
squash.

D LS 10054

SPECIAL DIET

APPLE PORK



10012

MINCED

BEEF DINNER

with mashed potatoes and minced peas.

D LC LF

17001

APPLE BRAISED PORK

with mashed potatoes and minced green beans.

D LC LS

17002

HAM

with mashed potatoes and minced yellow beans.

D LC LF

17003

MINCED

CHICKEN À LA KING

with mashed potatoes and minced green beans.

D LC LF LS 17004

TURKEY DINNER

with mashed potatoes and minced mixed vegetables.

D LC LF 17005

PESTO CHICKEN

with cheddar potatoes and minced mixed vegetables.

D LC **NEW** 17006

PASTA PRIMAVERA

with mashed potatoes and minced peas.

D LC LF V 17009

BEEF STEW

with mashed potatoes and minced carrots.

D LC LF LS 17010

HONEY DIJON PORK

with cheddar potatoes and minced mixed vegetables.

D LC LS **NEW** 17012

VEGETARIAN STEW

with mashed potatoes and minced mixed vegetables.

D LC LF LS V **NEW** 17013

PUREED

CHICKEN À LA KING

with mashed potatoes and carrot puree.

D LC **16001**

APPLE BRAISED PORK

with sweet potatoes and green bean puree.

D LC **16003**

MACARONI & CHEESE

with mashed potatoes and broccoli puree.

D LC **16004**

SHEPHERD'S PIE

with mashed potatoes, peas and carrot puree.

D LC **16005**

TURKEY DINNER

with mashed potatoes and squash puree.

D LC **16006**

BEEF & VEGETABLE CASSEROLE

with mashed potatoes and broccoli puree.

D LC **16007**

PUREED

POT ROAST BEEF

with mashed potatoes and carrot puree.

D LC LS

16009

SWEET & SOUR CHICKEN

with mashed potatoes and mixed vegetable puree.

D LC

16011

MEATLOAF

with mashed potatoes, squash and pumpkin puree.

D LC

NEW

16016

LEMON HERB FISH

with mashed potatoes and mixed vegetable puree.

D LC

16017

CHICKEN CACCIATORE

with mashed potatoes and peas puree.

D LC LF

16018

SPAGHETTI BOLOGNESE

with mashed potatoes and green bean puree.

D LC

NEW

16020

TURKEY CASSEROLE

with mashed potatoes and green beans puree.

D LC

16021

CREAMED SALMON

with mashed potatoes and spinach puree.

D LC

16023

THICKENED SOUP

BROCCOLI

puree of broccoli.

D LC

13053

CARROT

puree of carrot.

D LC

13054

CAULIFLOWER

puree of cauliflower.

D LC

13055

CHICKEN NOODLE

puree of chicken, celery, carrots and egg noodles.

D LC LF

13056

MUSHROOM

puree of mushroom.

D LC

13057

TOMATO BEEF

puree of tomato, beef, potatoes and carrots.

D LC LF

13058

THICKENED CARROT SOUP



13054



apetito

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