

Frozen Meal Menu Selection - January 2012

All meals are suitable for Diabetics

Beef

Beef Stew with diced squash and mashed potato LF LC

Beef Stroganoff served over noodles with green beans and beets

Veal Parmigiana Breaded veal cutlet topped with tomato sauce and cheese, served with peas, carrots & mashed potatoes

Chopped Swiss Steak simmered in sauce and served with squash and mashed potato LC LS

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

Meatloaf in mushroom and wine flavour sauce with mashed potatoes, green & yellow beans and baby carrots LF LC

Salisbury Steakette in mushroom gravy with home fries and a vegetable medley of baby carrots, yellow beans, peas and pearl onions LC

Shepherd's Pie served with peas and diced carrots LC

Traditional Pot Roast with country style potatoes, carrots and beans LC LS

Steak & Mushroom Pie served with yellow beans, baby carrots, peas and pearl onions LC

Spaghetti Bolognese served with carrot sticks LF LC LS

Liver and Onions tender beef liver topped with sauteed onions and bacon pieces, served with mashed potatoes and a vegetable medley of baby carrots, peas, yellow beans and pearl onions

Meat Lasagna served with a mix of orange and yellow carrots and green beans

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

Poultry

Breaded Chicken Breast with Caesar sauce on rice, served with green & yellow beans and carrots LC

Breaded Chicken Fingers with French fries, peas and carrots

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

Chicken A La King with carrots and mashed potatoes LC LS

Country Chicken simmered in a mild creamy sauce served with stuffing, mashed potatoes and carrots LF LC LS

Sweet & Sour Chicken with rice and glazed Chinese-style vegetables LF LC LS

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

Chicken Stew with mashed turnips and garlic-buttered spinach LC

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

Chicken Souvlaki served with rice, squash and lemon potatoes LF LC LS

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

Butter Chicken served with basmati rice with sultanas and coriander LS

Pork

Country Style Pork Casserole Pieces of pork and diced potato cooked in an apple flavour sauce served with green beans and savoury sweet potatoes LC

Baked Ham in a pineapple sauce with cheese-topped mashed potatoes and carrot sticks LF LC

Italian Sausage Pasta served with a mix of cauliflower florets, Italian-style beans, carrots, zucchini and celery LC LS

Pork with Stuffing served with mashed potatoes and carrots LS

Egg & Bacon Brunch Scrambled egg and peameal bacon with home fries and warm apple sauce LC

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

Bangers and Mash with gravy, peas and yellow beans

BBQ Rib-Style Pork Cutlet with squash and home fries LC

Seasoned Pork Loin with Gravy served with succotash and country-style potatoes LS

Fish

Fish & Chips with a vegetable mix of carrots, peas, green beans and corn

Fish Florentine mild fish fillet with cheese sauce and spinach served with dill potatoes and carrots LC LS

Lemon Herb Fish mild fish fillet coated in a herb topping served with home fried potatoes and corn mixed with peppers LC

Salmon in Lemon Sauce fillet of salmon on rice with a creamy lemon sauce served with peas, carrots and turnip LF LC LS

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

Vegetarian

Vegetarian Chili with rice and corn with peppers LF LC V (vegan)

Vegetable Curry with rice and a mix of cauliflower and green beans LC V

Vegetarian Dhal a lentil based mild curry dish served with Basmati rice, carrots and zucchini LF LC V (vegan)

Vegetarian Pasta Primavera served with orange & yellow carrots and green beans LF LC V (vegan)

Vegetarian Stew served with mashed potatoes and diced squash LF LC LS V (vegan)

Vegetarian Tofu Oriental with rice and green beans LC V (vegan)

Cheese Omelet served with home fried potatoes and stewed tomatoes

Cheese & Potato Perogies in a sour cream ranch sauce with spinach & sauerkraut and carrots LC V

Vegetable Lasagna layered with spinach, tomato and three cheeses served with corn mixed with peppers and peas with pearl onions V

Macaroni & Cheese with real three-cheese sauce served with stewed tomatoes and mixed vegetables of carrots, peas, green beans and corn LC V

Chinese Style

Pineapple Chicken served with vegetable fried rice

Ginger Chicken served with vegetable fried rice and mixed vegetables

Pork Chow Mein served with steamed rice and mixed vegetables LF LC

Chicken with Water Chestnuts served with steamed rice and mixed vegetables

Soups

All soups are suitable for Diabetics

Beef Barley LF LC

Cream of Carrot LC

Chicken Noodle LF LC

Minestrone LF LC

Country Vegetable LF LC V (vegan)

Cream of Leek & Potato LF LC

Cream of Broccoli LC

Chicken Vegetable LF LC V (vegan)

Harvest Vegetable LF LC V (vegan)

Tomato Cream LC

Vegetable Beef LC

Mulligatawny LC

Cream of Cauliflower & Cheddar LC

Chicken Rice LF LC

Cream of Green Pea LF LC LS V

Cream of Mushroom p LC

French Onion LC

Cream of Butternut Squash LC V

Corn and Potato Chowder LC

Low Sodium chicken Noodle LF LC LS

Low Sodium country Vegetable LF LC LS V (vegan)

Low Sodium Minestrone LF LC LS

Low Sodium tomato Lentil LF LC LS V (vegan)

Desserts

Oatmeal Date V

Tripleberry Crumble V

Butter Tart V

Vanilla Pudding (2) LS V

Cherry Cheesecake

Sticky Toffee Pudding V

Pecan Pie

Banana Cake V

Lemon Tart

Carrot Cake V

Strawberry Shortcake V

Chocolate Fudge Cake V

Mini Chocolate Macaroons LS V

Lemon Layer Cake V

Mini Cinnamon Rolls V

Mini Brownies V

Raspberry Tart

Orange Layer Cake V

Cheesecake D V

Apple Crisp D LS V

Rice Pudding D LF LC LS V

Cherry CobblerV

Fruit Cocktail D LF LC LS V (vegan)

Tangerine Mousse, low sugar D LC LS

Chocolate Mousse, low sugar D LC

Strawberry Mousse, low sugar D LCLS

Cherry Cake D V

Peach Cobbler D V

Items marked 'D' (diabetic) contain artificial sweetener
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Special Diet Meals

All meals are suitable for renal, gluten free, lactose free & low sodium

Apple Pork served with rice and green beans with squash LF LC LS

Beef & Vegetable Casserole served with rice and peas LC LS

Chicken with Gravy served with rice pilaf LF LC LS

Hawaiian Chicken served with rice and julienne carrots LF LC LS

Herbed Fish served with rice and peas LF LC LS

Pot Roast Beef served with rice and peas LS

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

Pureed

Apple Braised Pork served with sweet potatoes and green beans LC

Beef & Vegetable Casserole served with mashed potatoes and broccoli LC

Chicken A La King served with mashed potatoes and carrots LC

Chicken Cacciatore served with mashed potatoes and peas LF LC

Creamed Salmon served with mashed potatoes and spinach LC

Lemon Herb Fish served with mashed potatoes and mixed vegetables LC

Liver and Onions served with mashed potatoes and brussel sprouts LC

Macaroni & Cheese served with mashed potatoes and broccoli

Pot Roast Beef served with mashed potatoes and carrots LC LS

Shepherd's Pie served with peas and carrots LC

Sweet & Sour Chicken served with mashed potatoes and mixed vegetables LC

Turkey Casserole served with mashed potatoes and green beans LC

Turkey Dinner served with mashed potatoes and squash 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

Minced

Apple Braised Pork served with mashed potatoes and green beans LC LS

Beef Dinner served with mashed potatoes and peas LF LC

Beef Stew served with mashed potatoes and carrots LF LC LS

Chicken A La King served with mashed potatoes and carrots LF LC LS

Ham served with mashed potatoes and yellow beans LC LC

Vegetarian Pasta Primavera served with mashed potatoes and peas LF LC V

Turkey Dinner served with mashed potatoes and mixed vegetables LF LC