



Apetito frozen entrée = \$ 5.65 soup = \$2.55 dessert = \$2.55 snack = \$2.55  
 Package of 7 entrées OR 5 entrées and 5 soups or desserts = \$37.60

BEEF ENTRÉES	POULTRY ENTRÉES	VEGETARIAN ENTRÉES	REGULAR DESSERTS
12005 ___ Macaroni Meat Casserole ♦ 12008 ___ Beef Stew ♦ 12010 ___ Pot Roast ♦ 12017 ___ Salisbury Steak 12046 ___ Chopped Swiss Steak ♦ 12062 ___ Meatloaf with Mushroom Gravy 12087 ___ Liver & Onions 12092 ___ Meat Lasagna 12096 ___ Ginger Beef ● 12108 ___ Shepherd's Pie 12109 ___ Veal Parmigiana 12111 ___ Spaghetti Bolognese ♦ 12118 ___ Steak & Mushroom Pie 12125 ___ Meatballs in Gravy 12130 ___ Beef Stroganoff ♦ 12132 ___ Sliced Beef & Onion Gravy ♦ 12146 ___ Meatballs and Peppers 12150 ___ Sliced Beef with Mushroom Gravy	12001 ___ Chicken à la King ♦ 12007 ___ Turkey with Stuffing ♦ 12032 ___ Country Chicken ♦ 12057 ___ Breaded Chicken Breast 12078 ___ Chicken Cacciatore 12090 ___ Roast Chicken 12094 ___ Lemon Chicken ♦ ● 12113 ___ Breaded Chicken Fingers 12114 ___ General Tso's Chicken ● 12116 ___ Chicken Stew 12124 ___ Chicken & Broccoli Cheese Sauce 12127 ___ Turkey Chili ♦ 12135 ___ Chicken Pot Pie ♦ 12139 ___ Sweet & Sour Chicken ♦ 12147 ___ Creamy Ranch Chicken 12148 ___ Chicken with Honey BBQ Sauce	10004 ___ Vegetarian Chili 10006 ___ Vegetarian Dhal 10007 ___ Vegetarian Pasta Primavera 10009 ___ Vegetarian Stew ♦ 10047 ___ Cheese Omelet 12021 ___ Vegetable Lasagna 12079 ___ Macaroni & Cheese 12121 ___ Vegetable Chow Mein ● 12131 ___ Chana Masala ♦ 12137 ___ Vegetarian Tofu Oriental ♦ 12152 ___ Vegetable and Lentil Pot Pie 12153 ___ Broccoli, Mushroom and Rice Casserole	<i>Not Suitable for Diabetics</i> 14008 ___ Butter Tart 14009 ___ Carrot Cake 14022 ___ Vanilla Pudding (2) ♦ 14026 ___ Cherry Streusel 14056 ___ Lemon Tart 14058 ___ Banana Cake 14077 ___ Pecan Pie 14080 ___ Raspberry Tart 14091 ___ Strawberry Cheesecake 14092 ___ Strawberry Shortcake 14093 ___ Lemon Layer Cake 14094 ___ Chocolate Fudge Cake 14095 ___ Sticky Toffee Pudding 14096 ___ Orange Layer Cake
<b>PORK ENTRÉES</b> 12020 ___ Pork with Stuffing ♦ 12073 ___ Tourtiere Meat Pie 12089 ___ BBQ Rib Style Pork Cutlet 12097 ___ Char Sui BBQ Pork ● 12115 ___ Baked Ham 12129 ___ Apple Braised Pork 12138 ___ Bangers & Mash 12149 ___ Ham & Broccoli Casserole	<b>FISH ENTRÉES</b> 12003 ___ Fish Florentine ♦ 12013 ___ Fish & Chips 12031 ___ Lemon Herb Fish ♦ 12063 ___ Salmon in Lemon Sauce ♦ 12119 ___ Asian Glazed Salmon ♦ 12134 ___ Fish Cakes 12151 ___ Salmon Chowder Casserole	<b>REGULAR SOUPS</b> 93007 ___ Beef Barley ♦ 93012 ___ Cream of Cauliflower 93013 ___ Chicken Noodle ♦ 93014 ___ Minestrone ♦ 93015 ___ Country Vegetable ♦ 93017 ___ Potato & Chive 93019 ___ Cream of Broccoli 93020 ___ Cream of Mushroom 93022 ___ Turkey Rice ♦ 93023 ___ Tomato Cream 93024 ___ Cream of Green Pea 93045 ___ Turkey Noodle ♦ 93046 ___ Canadian Split Pea ♦ 93047 ___ Italian Wedding ♦ 93048 ___ Broccoli Cheese ♦ 93050 ___ Cream of Chicken 93063 ___ Butternut Squash 93348 ___ Tomato Lentil ♦	<b>LOW SUGAR DESSERTS</b> 09011 ___ Chocolate Mousse 09021 ___ Strawberry Mousse ♦ 09041 ___ Tangerine Mousse ♦ 14011 ___ Apple Crisp ♦ 14012 ___ Peach Cobbler 14013 ___ Rice Pudding ♦ 14014 ___ Cherry Cobbler 14016 ___ Fruit Cocktail ♦ 14076 ___ Cheesecake 14313 ___ Blueberry Cake

♦ = Suitable for Low Sodium Diets

● = Chinese-Style



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soup = \$2.55 dessert = \$2.55 snack = \$2.55

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**SPECIAL DIET ♦**

*Renal, Gluten-Free,  
Lactose-Free, Low Sodium*

- 10012 \_\_\_ Apple Pork
- 10017 \_\_\_ Beef & Veg Casserole
- 10018 \_\_\_ Herbed Fish
- 10020 \_\_\_ Hawaiian Chicken
- 10021 \_\_\_ Turkey with Gravy
- 10033 \_\_\_ Chicken with Gravy
- 10054 \_\_\_ Pot Roast Beef

**MINCED**

- 17001 \_\_\_ Beef Dinner
- 17002 \_\_\_ Apple Braised Pork ♦
- 17003 \_\_\_ Ham
- 17004 \_\_\_ Chicken à la King ♦
- 17005 \_\_\_ Turkey Dinner
- 17006 \_\_\_ Pesto Chicken
- 17009 \_\_\_ Pasta Primavera
- 17010 \_\_\_ Beef Stew ♦
- 17012 \_\_\_ Honey Dijon Pork ♦
- 17013 \_\_\_ Vegetarian Stew ♦
- 17014 \_\_\_ Sweet & Sour Chicken

**BREAKFAST SNACKS**

*Choose 1 juice + 1 starch*

- 07085 \_\_\_ Orange Juice ♦
- 07086 \_\_\_ Apple Juice ♦
- 08003 \_\_\_ Carrot Muffin
- 08008 \_\_\_ Raisin Bran Muffin
- 94000 \_\_\_ Cream of Wheat Cereal ♦
- 94001 \_\_\_ Oatmeal Cereal ♦

**PUREED**

- 16001 \_\_\_ Chicken à la King
- 16002 \_\_\_ Lasagna
- 16003 \_\_\_ Apple Braised Pork
- 16004 \_\_\_ Macaroni & Cheese
- 16005 \_\_\_ Shepherd's Pie
- 16006 \_\_\_ Turkey Dinner
- 16007 \_\_\_ Beef & Veg Casserole
- 16009 \_\_\_ Pot Roast Beef ♦
- 16011 \_\_\_ Sweet & Sour Chicken
- 16016 \_\_\_ Meatloaf
- 16017 \_\_\_ Lemon Herb Fish
- 16018 \_\_\_ Chicken Cacciatore
- 16020 \_\_\_ Spaghetti Bolognese
- 16021 \_\_\_ Turkey Casserole
- 16023 \_\_\_ Creamed Salmon

**THICKENED SOUPS**

- 13053 \_\_\_ Broccoli
- 13054 \_\_\_ Carrot
- 13055 \_\_\_ Cauliflower
- 13056 \_\_\_ Chicken Noodle
- 13057 \_\_\_ Mushroom
- 13058 \_\_\_ Tomato Beef

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TimeSaver Foods frozen entrée = \$7.10



**CHICKEN DISHES**

- 501 \_\_\_ Butter Chicken
- 502 \_\_\_ Chicken Pot Pie
- 503 \_\_\_ Chicken Stew
- 504 \_\_\_ Sesame Chicken
- 505 \_\_\_ Pineapple Chicken
- 506 \_\_\_ Lemon Dill Chicken
- 507 \_\_\_ Harvest Chicken
- 508 \_\_\_ Curry Chicken
- 533 \_\_\_ Bar-B-Q Chicken
- 536 \_\_\_ Chicken Souvlaki
- 537 \_\_\_ Chicken Gumbo
- 540 \_\_\_ Mushroom Chicken
- 545 \_\_\_ Bowtie Pesto Chicken

**OTHER DISHES**

- 523 \_\_\_ Pork Tenderloin
- 524 \_\_\_ Sausage and Penne
- 525 \_\_\_ Turkey Dinner
- 526 \_\_\_ Shrimp Rose
- 527 \_\_\_ Dill Haddock
- 528 \_\_\_ Teriyaki Pork
- 534 \_\_\_ Pulled Pork
- 535 \_\_\_ Maple Ham
- 539 \_\_\_ Pork Casserole
- 541 \_\_\_ Salmon Fusion
- 542 \_\_\_ Perogies
- 543 \_\_\_ Mac 'n' Cheese
- 544 \_\_\_ Egg & Bacon Breakfast

**BEEF DISHES**

- 509 \_\_\_ Cabbage Rolls
- 510 \_\_\_ Liver and Onions
- 511 \_\_\_ Honey Garlic Meatballs
- 512 \_\_\_ Beef Stew
- 513 \_\_\_ Roast Beef Dinner
- 514 \_\_\_ Shepherd's Pie
- 515 \_\_\_ Swiss Steak
- 516 \_\_\_ Swedish Meatballs
- 517 \_\_\_ Beef Stroganoff
- 518 \_\_\_ Curry Beef
- 519 \_\_\_ Meatloaf
- 520 \_\_\_ Lasagna
- 521 \_\_\_ Italian Casserole
- 522 \_\_\_ Spaghetti
- 529 \_\_\_ Hearty Chili
- 538 \_\_\_ Steak & Mushroom Pie

MEALS ON  
WHEELS



LA POPOTE  
ROULANTE

OTTAWA

♦ All TimeSaver entrées are suitable for Low Sodium Diets