



Apetito frozen entrée = \$6.00 soup = \$2.70 dessert = \$2.70 snack = \$2.70

Package of 7 entrées OR 5 entrées and 5 soups or desserts = \$39.95

POULTRY ENTRÉES	BEEF ENTRÉES	FISH ENTRÉES	REGULAR DESSERTS
12001 ___ Chicken à la King	12005 ___ Macaroni Meat Casserole	12003 ___ Fish Florentine ♦	<i>Not Suitable for Diabetics</i>
12032 ___ Country Chicken	12008 ___ Beef Stew ♦	12013 ___ Fish & Chips	14008 ___ Butter Tart
12057 ___ Breaded Chicken Breast	12017 ___ Salisbury Steak	12063 ___ Salmon in Lemon Sauce	14009 ___ Carrot Cake
12078 ___ Chicken Cacciatore ♦	12046 ___ Chopped Swiss Steak ♦	12119 ___ Asian Glazed Salmon ♦	14017 ___ Chocolate Brownie
12090 ___ Roast Chicken Thigh	12062 ___ Meatloaf with Mushroom Gravy ♦	12134 ___ Fish Cakes	14026 ___ Cherry Streusel
12094 ___ Lemon Chicken ♦	12087 ___ Liver & Onions	12162 ___ Creamed Salmon Supreme	14056 ___ Lemon Tart
12113 ___ Breaded Chicken Fingers	12092 ___ Meat Lasagna		14058 ___ Banana Cake
12114 ___ General Tso's Chicken	12108 ___ Shepherd's Pie ♦		14077 ___ Pecan Pie
12116 ___ Chicken Stew	12109 ___ Italian-style Breaded Veal ♦		14080 ___ Raspberry Tart
12124 ___ Chicken & Broccoli Cheese Sauce	12111 ___ Spaghetti Bolognese		14091 ___ Strawberry Cheesecake
12127 ___ Turkey Chili ♦	12118 ___ Steak & Mushroom Pie ♦		14092 ___ Strawberry Shortcake
12135 ___ Chicken Pot Pie	12125 ___ Meatballs in Gravy		14093 ___ Lemon Layer Cake
12139 ___ Sweet & Sour Chicken	12130 ___ Beef Stroganoff ♦		14094 ___ Chocolate Fudge Cake
12142 ___ Chicken with Mushroom Gravy ♦	12132 ___ Sliced Beef & Onion Gravy ♦		14095 ___ Sticky Toffee Pudding
12148 ___ Chicken with Honey BBQ Sauce	12146 ___ Meatballs and Peppers		14096 ___ Orange Layer Cake
12156 ___ Coconut Lime Chicken	12150 ___ Sliced Beef with Mushroom Gravy		
12159 ___ Chicken Florentine Penne	12157 ___ Steak and Potato Stew		
12163 ___ Chicken Curry			
12168 ___ Turkey with Stuffing ♦			
	VEGETARIAN ENTRÉES	REGULAR SOUPS	LOW SUGAR DESSERTS
	10007 ___ Vegetarian Pasta Primavera	93007 ___ Beef Barley	09011 ___ Chocolate Mousse
	10047 ___ Cheese Omelet	93012 ___ Cream of Cauliflower	09021 ___ Strawberry Mousse ♦
	10060 ___ Vegetarian Stew	93022 ___ Rice and Turkey ♦	09041 ___ Tangerine Mousse ♦
	10062 ___ Vegetarian Chili	93023 ___ Cream of Tomato ♦	14011 ___ Apple Crisp ♦
	12021 ___ Vegetable Lasagna	93025 ___ Beef & Vegetable ●	14012 ___ Peach Cobbler
	12079 ___ Macaroni & Cheese	93030 ___ Carrot ●	14013 ___ Rice Pudding ♦
	12131 ___ Chana Masala ♦	93032 ___ Cream of Mushroom ●	14014 ___ Cherry Cobbler
	12137 ___ Vegetarian Tofu Stew ♦	93033 ___ Split Pea & Ham ●	14016 ___ Fruit Cocktail ♦
	12152 ___ Vegetable and Lentil Pot Pie	93036 ___ Cream of Potato & Leek ●	14076 ___ Cheesecake
	12153 ___ Broccoli, Mushroom and Rice Casserole	93039 ___ Broccoli ●	14313 ___ Blueberry Cake
	12155 ___ Tofu Teriyaki	93051 ___ Chicken & Vegetable ●	
	12158 ___ Spaghetti with Tomato Sauce	93051 ___ Chicken & Vegetable ●	
		93063 ___ Squash	
		93352 ___ Tomato Lentil ●	
		93354 ___ Minestrone ♦●	
		93355 ___ Chicken Noodle ●	
		93356 ___ Country Vegetable ♦●	
		THICKENED SOUPS	
		13053 ___ Broccoli	
		13054 ___ Carrot	
		13055 ___ Cauliflower	
		13056 ___ Chicken Noodle	
		13057 ___ Mushroom	
		13058 ___ Tomato Beef	

♦ = Suitable for Low Sodium Diets ● = New Code

MEALS ON WHEELS - OTTAWA

FROZEN MEAL PROGRAM - MENU
EFFECTIVE DECEMBER 2018

613-233-2424

670 Albert St. Ottawa, ON K1R 6L2



Apetito frozen entrée = \$ 6.00
soup = \$2.70 dessert = \$2.70 snack = \$2.70
Package of 7 entrées OR 5 entrées and 5 soups or desserts = \$39.95

SPECIAL DIET ♦

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

- 10012 ___ Apple Pork ♦
- 10017 ___ Beef & Vegetable
Casserole ♦
- 10018 ___ Herbed Fish ♦
- 10020 ___ Hawaiian Chicken ♦
- 10021 ___ Turkey with Gravy ♦
- 10033 ___ Chicken with Gravy ♦
- 10054 ___ Pot Roast Beef ♦

GLUTEN FREE

- 10063 ___ Vegetarian Dhal
- 12141 ___ Chicken w/ Cheddar & Bacon
- 12164 ___ Traditional Pot Roast ♦
- 12165 ___ Creamy Ranch Chicken
- 12167 ___ Lemon Herb Fish

BREAKFAST SNACKS

Choose 1 juice + 1 starch

- 07085 ___ Orange Juice ♦
- 07086 ___ Apple Juice ♦
- 08018 ___ Carrot Muffin
- 08009 ___ 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 & Vegetable
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

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

TimeSaver Foods frozen entrée = \$7.50 Soup = \$4.25



CHICKEN DISHES

- 501 ___ Butter Chicken
- 502 ___ Chicken Pot Pie
- 503 ___ Chicken Stew
- 505 ___ Pineapple Chicken
- 506 ___ Lemon Dill Chicken
- 507 ___ Harvest Chicken
- 533 ___ Bar-B-Q Chicken
- 536 ___ Chicken Souvlaki
- 540 ___ Mushroom Chicken
- 545 ___ Bowtie Pesto Chicken
- 546 ___ Chicken Creole

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
- 519 ___ Meatloaf
- 520 ___ Lasagna
- 521 ___ Italian Casserole
- 522 ___ Spaghetti
- 529 ___ Hearty Chili
- 538 ___ Steak & Mushroom Pie

OTHER DISHES

- 523 ___ Pork Tenderloin
- 525 ___ Turkey Dinner
- 527 ___ Dill Haddock
- 534 ___ Pulled Pork
- 535 ___ Maple Ham
- 541 ___ Salmon Fusion
- 543 ___ Mac 'n' Cheese
- 544 ___ Egg & Bacon Breakfast

SOUPS

- 401 ___ Beef Barley
- 402 ___ Chicken Noodle
- 403 ___ Vegetable
- 404 ___ Minestrone

MEALS ON
WHEELS



LA POPOTE
ROULANTE

OTTAWA

♦ All TimeSaver entrées are suitable for Low Sodium Diets

● = New Code

♦ = Suitable for Low Sodium Diets