



Frozen Meal Service





Welcome to our Menu

We understand that sometimes preparing meals everyday can be a chore. Our menu is full of tempting meals, soups and desserts delivered to your home.

Our 2018-19 menu features a fully redeveloped soup section consisting of several brand new additions, alongside flavour improvements to some of your traditional favourites. Each of our soups are now made with controlled levels of sodium* without compromising on taste!

Our meals are made with a focus on nutrition and taste and are quick frozen to preserve freshness. Creating a menu that is inclusive to most diet types is extremely important to us. Many of our meals are low in fat, low in calories and low in sodium. Our diet code symbols will help you choose which meals are right for you. Turn to *page 1* for more information.

We also provide meals that are gluten-free, lactose-free, low sodium and have controlled levels of potassium & phosphorus.

In addition to regular textures, we offer a range of complete meals and soups for a minced or pureed diet. We hope you enjoy browsing through the menu.

You can place your order whenever you are ready.

* 380 g of sodium or less per serving.



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Diet symbols

Many of our meals, soups and desserts are classified with a diet code. You will find each item's code(s) after its description. Use them to select the meals suitable for your diet. The definitions are below.

NAS**No Added Sugar**

Desserts marked with this symbol contain no added sugar or ingredients containing added sugars.

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, but may contain eggs or dairy such as milk or cheese.

VEGAN

Vegetarian items that do not contain dairy or egg products.



Client letter

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

She says,

“As a senior looking to manage my health the apetito frozen meal service has been a blessing for me.

The meals are tasty with a wide variety of choices. AND gathering all the ingredients is a costly endeavor, so it is also a saving financially.

The no added sugar (NAS) and low fat (LF) indicators make it easy to choose and manage my diet.”

Beef



Macaroni, Meat & Cheese Casserole 12005

Ground beef in tomato sauce, topped with macaroni and cheese with green and yellow beans and carrots. **355g**

Beef Stew 12008

With squash and mashed potatoes. **380g LC LS**

Salisbury Steak 12017

With mushroom gravy, home fried potatoes and mixed carrots, beans and pearl onions. **320g LC**

Chopped Swiss Steak 12046

In tomato gravy with squash and mashed potatoes. **365g LC LS**

Meatloaf in Mushroom Gravy 12062

With mashed potatoes, green and yellow beans and carrots. **350g LC LS**

Liver and Onions 12087

With mashed potatoes and mixed carrots, beans, peas and pearl onions. **355g LC LF**

Meat Lasagna 12092

With mixed orange and yellow carrots and green beans. **350g**

Shepherd's Pie 12108

With peas and carrots. **375g LC LF LS**

Italian-Style Breaded Veal 12109

Topped with tomato sauce and cheese, served with mashed potatoes and peas with carrots. **371g LC LF LS**

Spaghetti Bolognese 12111

With carrots. **340g LC LF**



Steak & Mushroom Pie 12118

With mixed carrots, beans, peas and pearl onions. **395g** **LS**

Meatballs in Gravy 12125

With mashed potatoes and carrots. **329g** **LC** **LS**

Beef Stroganoff 12130

Over egg noodles with peas. **330g** **LS**

Sliced Beef with Onion Gravy 12132

With mashed potatoes, peas and carrots. **311g** **LC** **LF**

Meatballs & Peppers 12146

In herb gravy with mashed potatoes and carrots. **337g** **LC** **LF**

Sliced Beef with Mushroom Gravy 12150

With mashed potatoes and mixed vegetables. **301g** **LC** **LF**

Steak & Potato Stew 12157

With carrots and green and yellow beans. **300g** **LC**

Traditional Pot Roast 12164

With country-style potatoes, carrots and green and yellow beans. **286g** **GF** **LC** **LF**

Steak & Potato Stew 12157



Chicken & Turkey



Chicken à la King 12001

With carrots and mashed potatoes.

360g LC LF

Country Chicken 12032

In gravy with mashed potatoes, stuffing and carrots. **320g LC LF**

Breaded Chicken Breast 12057

On a red pepper rice pilaf topped with Caesar sauce and served with green and yellow beans and carrots. **375g LC**

Chicken Cacciatore 12078

Rotini pasta in Mediterranean-style sauce with carrots and beans.

340g LC LF LS

Roast Chicken Thigh 12090

Boneless, skinless chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas. **275g LC LF**

Lemon Chicken 12094

Battered chicken in lemon sauce with white rice, snap peas, baby corn and carrots. **320g LC LF LS**

Breaded Chicken Fingers 12113

With French fries, peas and carrots. **290g**



General Tso's Chicken 12114

Sweet and spicy battered chicken with rice pilaf and green beans. **300g LC LF**

Chicken Stew 12116

With mashed turnip and green beans. **350g LC LF**

Chicken Breast with Broccoli & White Cheddar Sauce 12124

With home fries and mixed carrots, beans, peas and pearl onions. **330g LC**

Turkey Chili 12127

With white rice and mixed corn and green and red peppers. **340g LC LS**

Chicken Pot Pie 12135

Chicken and vegetables in a cream sauce topped with pastry served with green beans and carrots. **355g LC**

Chicken Pot Pie 12135





Chicken & Turkey

Sweet & Sour Chicken 12139

With white rice. **300g LC LF**

Chicken Breast with Bacon Cheddar Sauce 12141

With red-skinned potatoes and mixed vegetables. **315g GF LC**

Chicken with Mushroom Gravy 12142

Chicken breast with sweet potatoes and green beans. **335g LC LF LS**

Chicken with Honey BBQ Sauce 12148

With vegetable rice pilaf and mixed vegetables. **310g LC LF LS**

Coconut Lime Chicken 12156

With white rice. **300g LC**

Chicken Florentine Penne 12159

With spinach and carrots, corn, beans and peas. **300g LC LF**

Chicken Curry 12163

With green beans and rice. **315g LC LF LS**

Creamy Ranch Chicken 12165

With diced potatoes and green beans. **325g GF LC**

Turkey with Stuffing 12168

With mashed potatoes and peas. **340g LC LF**

Pork



Pork with Stuffing 12020

With country-style potatoes and carrots. **300g LC LF LS**

Tourtiere Meat Pie 12073

Ground pork and beef topped with pastry and served with peas, mixed corn and bell peppers. **355g**

Rib-Style Pork Cutlet 12089

In barbeque sauce with squash and home fried potatoes. **320g**

Baked Ham 12115

In pineapple sauce with mashed potatoes and carrots. **295g LC LF**

Bangers & Mash 12138

With mashed potatoes, gravy and peas. **380g**

Seasoned Pork Loin 12143

With scalloped potatoes and succotash. **310g LC LF**

Ham & Broccoli Casserole 12149

With red-skinned potatoes and carrots. **300g LC**

Pork with Suffing 12020



Fish

Fish Florentine 12003

A cheese sauce over haddock fillet on a bed of spinach is served with red-skinned potatoes and carrots. **325g LC LF LS**

Fish & Chips 12013

With mixed carrots, peas, green beans and corn. **240g**

Salmon in Lemon Sauce 12063

Served with white rice and peas with carrots. **290g LC**

Asian-Style Glazed Salmon 12119

With rice and mixed vegetables. **282g LC LF LS**

Fish Cakes 12134

With French fries, peas and carrots. **250g**

Creamed Salmon Supreme 12162

With rice and carrots. **295g LC**

Lemon Herb Fish 12167

Haddock with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans. **285g GF LC LF LS**

Fish Cakes 12134





Vegetarian & Cheese

Vegetarian Pasta Primavera	10007
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With mixed orange and yellow carrots and green beans. **420g LC LF V**

Cheese Omelette	10047
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With home fried potatoes and stewed tomatoes. **279g V**

Vegetarian Stew	10060
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With mashed potatoes and carrots mixed with beans. **415g LC LF V**

Vegetarian Chili	10062
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With white rice. **350g LC LF V**

Vegetarian Dhal	10063
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A mild lentil curry with basmati rice, carrots and zucchini. **335g GF LC LF V**

Vegetable Lasagna	12021
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With peas and pearl onions and mixed corn and green and red peppers. **365g LC V**

Macaroni & Cheese	12079
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With mixed vegetables. **310g V**

Chana Masala	12131
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With rice. **340g LC LF V**



Vegetarian & Cheese

Vegetarian Tofu Stew 12137

With white rice and green beans.

385g LC LF V

Vegetable & Lentil Pot Pie 12152

With diced squash and green beans.

315g LC V

Broccoli, Mushroom & Rice Casserole 12153

With green beans and carrots.

330g LC

Tofu Teriyaki 12155

With rice and edamame.

305g LC LF V

Spaghetti with Tomato Sauce 12158

Topped with mozzarella cheese, with carrots and green and yellow beans. **375g LC LF V**



Macaroni & Cheese 12079

Breakfast



Orange Juice 07085

114 mL LC LF LS V VEGAN

Apple Juice 07086

114 mL LC LF LS V VEGAN

Raisin Bran Muffin 08009

100g V

Carrot Muffin 08018

100g V

Cream of Wheat Cereal 94000

180g LC LF LS V

Oatmeal 94001

180g LC LF LS V

Carrot Muffin 08018



Soup

We have updated our soups!

At *apetito*, we are constantly striving to produce the best possible products for our customers. So when we discovered that we could lower the sodium across our entire soup range and still maintain the excellent flavours, we had to go for it. Each of our soups are made with **controlled levels of sodium*** without compromising on taste. We have also introduced several new soups to the range to go along with all of your traditional favourites. We hope you enjoy them as much as we do!

Beef Barley Soup		93007
Homestyle barley soup featuring beef and vegetables. 200g LC LF		
Cream of Cauliflower Soup		93012
Cream-based soup featuring delicious cauliflower. 200g LC LF V		
Rice and Turkey Soup		93022
Savoury, homestyle soup featuring turkey, rice and vegetables. 200g LC LF		
Cream of Tomato Soup		93023
Classic soup made from a blend of tomatoes and cream. 200g LC LF V		
Beef & Vegetable Soup	NEW	93025
A healthy serving of beef and vegetables in a season-based broth. 200g LC LF		
Carrot Soup	NEW	93030
A delicious homestyle soup featuring a strong blend of carrots. 200g LC LF V		
Cream of Mushroom Soup		93032
Thick and creamy with a bold mushroom flavour. 200g LC V		



Split Pea & Ham Soup	NEW	93033
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A rich, traditional favourite featuring a blend of peas and ham. **200g LC LF**

Cream of Potato & Leak Soup	NEW	93036
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A blended mix of potatoes, leeks and cream. **200g LC LF V**

Broccoli Soup		93039
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A delicious homestyle soup featuring a blend of broccoli and vegetables. **200g LC LF V VEGAN**

Chicken & Vegetable Soup	NEW	93051
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A healthy serving of chicken and vegetables in a season-based broth. **200g LC LF**

Squash Soup		93063
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Squash-flavoured soup featuring an assortment of warm spices. **200g LC LF V**

Tomato Lentil Soup		93352
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A rich and blended tomato lentil soup. **200g LC LF V VEGAN**

Minestrone Soup		93354
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Rustic, traditional soup featuring an assortment of vegetables, beans and pasta. **200g LC LF V VEGAN**

Chicken Noodle Soup		93355
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Diced chicken, pasta and vegetables in a homestyle broth. **200g LC LF**

Country Vegetable Soup		93356
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A chunky selection of vegetables in a homestyle broth. **200g LC LF V VEGAN**

* 380mg of sodium or less per serving.

Dessert

Low Sugar Chocolate Mousse	09011
Also suitable for a pureed diet. 90g LC	
Low Sugar Strawberry Mousse	09021
Also suitable for a pureed diet. 90g LC LS	
Low Sugar Tangerine Mousse	09041
Also suitable for a pureed diet. 90g LC LS	
Butter Tart	14008
90g	
Carrot Cake	14009
95g V	
Apple Crisp	14011
95g LS V	
Peach Cobbler	14012
132g LS V	
Rice Pudding	14013
150g LC LF LS V	
Cherry Cobbler	14014
120g LC LS V	
Fruit Cocktail	14016
115g LC LF LS V VEGAN	
Chocolate Brownie	14017
46g V NAS	
Cherry Streusel	14026
83g LS V	
Lemon Tart	14056
85g	
Banana Cake	14058
66g V	



Cheesecake	14076
40g NAS V	
Pecan Tart	14077
90g LS	
Raspberry Tart	14080
85g	
Strawberry Swirl Cheesecake	14091
74g V	
Strawberry Shortcake	14092
60g V	
Lemon Layer Cake	14093
60g V	
Chocolate Fudge Cake	14094
60g V	
Sticky Toffee Pudding	14095
60g V	
Orange Layer Cake	14096
60g V	
Blueberry Cake	14313
40g V NAS	

Carrot Cake 14009





Special Diet

Suitable for Gluten-Free,
Lactose-Free, Low Sodium and
Controlled Potassium and Phosphorus*.

Apple Pork	10012
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With white rice, green beans and squash.

300g **GF LC LF LS**

Beef & Vegetable Casserole	10017
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With white rice and peas.

275g **GF LS**

Herbed Fish	10018
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With white rice and peas.

278g **GF LC LF LS**

Hawaiian Chicken	10020
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With white rice and carrots.

310g **GF LC LF LS**

Turkey with Gravy	10021
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With white rice, green beans and squash.

270g **GF LC LF LS**

Chicken with Gravy	10033
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With white rice and green beans.

285g **GF LC LF LS**

Pot Roast Beef	10054
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With white rice and peas. 255g **GF LC LS**

*Potassium less than 650mg & Phosphorous
less than 330mg per serving.



Gluten-free*

Vegetarian Dhal 10063

A mild lentil curry with basmati rice, carrots and zucchini. **335g GFLC LFV**

Chicken Breast with Cheddar & Bacon Sauce 12141

With red-skinned potatoes and mixed vegetables. **315g GFLC**

Traditional Pot Roast 12164

With country-style potatoes, carrots and green and yellow beans. **286g GFLC LF**

Creamy Ranch Chicken 12165

With diced potatoes and green beans. **325g GFLC**

Lemon Herb Fish 12167

Haddock with a creamy herb sauce, served with red-skinned potatoes and mixed carrots and green beans. **285g GFLC LF LS**

Vegetarian Dhal 10063



A photograph showing a white bowl filled with a light-colored puree, possibly mashed potatoes or carrots, sitting on a white saucer. To the right, there is a piece of orange pumpkin or squash. The background is a light green surface.

Pureed

Chicken à la King	16001
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With mashed potatoes and carrot puree. **410g LC**

Lasagna	16002
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With pureed broccoli and pureed carrots. **300g LC LF**

Apple Braised Pork	16003
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With sweet potatoes and green bean puree. **410g LC**

Macaroni & Cheese	16004
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With mashed potatoes and broccoli puree. **410g**

Shepherd's Pie	16005
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With mashed potatoes, peas and carrot puree. **460g LC**

Turkey Dinner	16006
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With mashed potatoes, squash and pumpkin puree. **360g LC**

Beef & Vegetable Casserole	16007
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With mashed potatoes and broccoli puree. **410g LC**

Pot Roast Beef	16009
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With mashed potatoes and carrot puree. **360g LC LS**



Sweet & Sour Chicken	16011
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With mashed potatoes and mixed vegetable puree. **410g LC**

Meatloaf	16016
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With mashed potatoes, squash and pumpkin puree. **410g LC**

Lemon Herb Fish	16017
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With mashed potatoes and minced vegetable puree. **410g**

Chicken Cacciatore	16018
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With mashed potatoes and pea puree. **425g LCLF**

Spaghetti Bolognese	16020
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With mashed potatoes and green bean puree. **415g LC**

Turkey Casserole	16021
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With mashed potatoes and green bean puree. **410g LC**

Creamed Salmon	16023
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With mashed potatoes and spinach puree. **350g LC**

Minced



Beef Dinner 17001

With mashed potatoes and minced peas. **365g LCLF**

Apple Braised Pork 17002

With mashed potatoes and minced green beans. **380g LCLS**

Ham 17003

With mashed potatoes and minced yellow beans. **335g LCLF**

Chicken à la King 17004

With mashed potatoes and minced carrots. **375g LCLFLS**

Turkey Dinner 17005

With mashed potatoes and minced mixed vegetables. **345g LCLF**

Pesto Chicken 17006

With mashed potatoes and minced mixed vegetables. **360g LCLFLS**

Pasta Primavera 17009

With mashed potatoes and minced peas. **400g LCLFV**

Beef Stew 17010

With mashed potatoes and minced carrots. **420g LCLFLS**

Honey Dijon Pork 17012

With mashed potatoes and minced green beans. **355g LCLFLS**

Vegetarian Stew 17013

With mashed potatoes and minced peas. **320g LCLFLSV**

Sweet & Sour Chicken 17014

With mashed potatoes and minced peas. **300g LCLFLS**



Thickened Soup

Broccoli	13053
Puree of broccoli. 160g LF	
Carrot	13054
Puree of carrot. 160g	
Cauliflower	13055
Puree of cauliflower. 160g	
Chicken Noodle	13056
Puree of chicken, celery, carrots and egg noodles. 160g LF	
Mushroom	13057
Puree of mushroom. 160g	
Tomato Beef	13058
Puree of tomato, beef, potatoes and carrots. 160g LF	

Broccoli 13053



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