

## PASTA DISHES

SWEDISH MEATBALLS (T516)...Egg noodles and savory meatballs tossed in our home-made gravy with green peppers and onions.

BEEF STROGANOFF (T517)...Tender steak simmered in beef broth with fresh mushrooms, onions, and zucchini. Served with broad egg noodles.

LASAGNA (T520)...Rich meat sauce layered with broad noodles, parmesan, mozzarella and cheddar cheeses.

ITALIAN CASSEROLE (T521)...Homemade meat sauce baked with macaroni noodles topped with a blend of cheeses.

SPAGHETTI (T522)...Rich meat sauce served on a bed of spaghetti noodles and Parmesan cheese.

BOWTIE PESTO CHICKEN (T545)...Bowtie shaped pasta tossed with chicken breast, parmesan cheese and a tomato pesto sauce.

## PORK DISHES

PORK TENDERLOIN (T523)...Medallions of pork in au jus with onions, carrots, celery, and potatoes.

PULLED PORK (T534)...Slow roasted and pulled pork with BBQ sauce, diced tomatoes, onions, zucchini, carrots and mushrooms. Served with rice pilaf.

MAPLE HAM (T535)...Maple glazed ham and pineapple served with scalloped potatoes and carrots.

## SOUPS ...

BEEF BARLEY (T401)...This is good home cooking! Marinated steak stewed with onions, peppers, carrots and celery with beef stock, oregano, parsley and basil.

CHICKEN NOODLE (T402)...This is the traditional. Only the finest fresh chicken breast with carrots, celery, onions and parsley seasoned the way mom used to make it.

VEGETABLE (T403)...Nice chunks of broccoli, cauliflower, carrots and celery simmered in a vegetable broth with our special seasonings.

MINISTRONE (T404)...Mouthwatering tomato and beef broth soup with mixed vegetables, beans and macaroni pasta.



Meals on Wheels  
OTTAWA



La Popote roulante  
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To order, please call  
(613) 233-2424 and give us your order  
using the meal numbers.  
Our staff would be pleased to talk to  
you in person.  
After hours, we have an answering  
machine.

*Freshness Counts  
with our local  
home-cooked frozen meals*

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## CHICKEN DISHES

**BUTTER CHICKEN (T501)**...Fresh tender chicken breast stewed with sweet potato, paprika, pepper, garlic, ginger, zucchini, mushrooms, onions, cinnamon and cilantro.

**CHICKEN POT PIE (T502)**...Fresh stewed chicken breast, onions, celery and carrots with diced potatoes in gravy and topped off with a home baked pie crust.

**CHICKEN STEW (T503)**...Fresh chicken breast, onions, basil and oregano stewed with diced potatoes, celery and carrots.

**PINEAPPLE CHICKEN (T505)**...Tender chicken breast marinated in our very own pineapple sauce. Served with diced pineapple, green peppers, onions and rice.

**LEMON DILL CHICKEN (T506)**...Fresh diced chicken breast, garlic, onions, basil, oregano, dill and lemon juice stewed with diced tomatoes, celery, mushrooms, carrots and rice.

**HARVEST CHICKEN (T507)**...Chicken breast with fresh zucchini, mushrooms, onions and rice pilaf. Served in a tomato cream sauce.

**BAR-B-Q CHICKEN (T533)**...Slow grilled chicken with BBQ sauce, onions, celery, mushrooms and carrots. Served with rice pilaf.

**SOUVLAKI CHICKEN (T536)**... Lemon, garlic, and herb marinated chicken breast. Served on a bed of rice with green peppers, onions, and tomatoes.

**MUSHROOM CHICKEN (T540)**...Grilled BBQ chicken, juicy steamed mushrooms, tomato sauce, zucchini, onions, and carrots. Served with rice pilaf.

**CHICKEN CREOLE (T546)**...Fresh tender chicken breast stewed in chili spiced tomato sauce, carrot, celery, onions and green peppers. Served with rice pilaf.

## ALL MEALS ...

## FEATURED DISHES

**TURKEY DINNER (T525)**...Roasted turkey with gravy served with mashed potatoes, peas and carrots.

**DILL HADDOCK (T527)**...Grilled haddock, onions, zucchini and mushrooms. Served with rice pilaf.

**ATLANTIC SALMON (T541)**... Salmon filet chunks tossed with corn, beans, celery, and onion and flavored with lemon and basil pesto. Served with rice.

**MACARONI AND CHEESE (T543)**...Classic comfort food with a blend of noodles, three cheeses, and crisp bread crumbs. Simple and scrumptious!

**TIME SAVER BREAKFAST (T544)**...Two scrambled eggs, smoked bacon, and our seasoned home style potatoes.

## BEEF DISHES

**CABBAGE ROLLS (T509)**...Beef with rice wrapped in cabbage leaves stewed in tomato sauce with zucchini, mushrooms and carrots with rice.

**LIVER & ONIONS (T510)**...Roast baby beef liver with fried onions and gravy served with mashed potatoes, turnips, carrots and green peas.

**HONEY GARLIC MEATBALLS (T511)**...Meatballs tossed in a honey-garlic glaze, mixed with zucchini, mushrooms and onions. Served with rice.

**BEEF STEW (T512)**...Tender cubes of steak seared and then simmered in our tasty gravy with potato, carrots, celery, onions and herbs.

**ROAST BEEF DINNER (T513)**...Tender slow cooked roast beef smothered in our own delicious gravy. Served with green beans and roast potatoes.

**SHEPHERD'S PIE (T514)**...Seasoned ground beef with a layer of creamed corn and corn niblets, topped with mashed potatoes.

**MEATLOAF (T519)**...Homemade meatloaf baked to perfection served with carrots and mashed potatoes and gravy.

**SWISS STEAK (T515)**...Onion, turnip, carrots, tomato and peppers, fried with our own marinated steak and gravy with roasted potatoes.

**HEARTY CHILI (T529)**...Savory ground beef stewed in diced tomato sauce with kidney beans and select herbs and spices.

**STEAK & MUSHROOM PIE (T538)**...Slow cooked steak, onions, celery and carrots stewed with diced potato in gravy topped with baked pie crust.

