



Apetito frozen entrée = \$6.20 soup = \$2.80 dessert = \$2.80 snack = \$2.80

Package of 7 entrées OR 5 entrées and 5 soups or desserts = \$41.15

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 ♦	14015 ___ Cherry Cheesecake ●
12090 ___ Roast Chicken Thigh	12062 ___ Meatloaf with Mushroom Gravy ♦	12134 ___ Fish Cakes	14017 ___ Chocolate Brownie
12094 ___ Lemon Chicken ♦	12087 ___ Liver & Onions	12162 ___ Creamed Salmon Supreme	14026 ___ Cherry Streusel
12113 ___ Breaded Chicken Fingers	12092 ___ Meat Lasagna		14056 ___ Lemon Tart
12114 ___ General Tso's Chicken	12108 ___ Shepherd's Pie ♦		14058 ___ Banana Cake
12116 ___ Chicken Stew	12109 ___ Italian-style Breaded Veal ♦		14077 ___ Pecan Pie
12124 ___ Chicken & Broccoli Cheese Sauce	12111 ___ Spaghetti Bolognese		14080 ___ Raspberry Tart
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



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soup = \$2.80 dessert = \$2.80 snack = \$2.80

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**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 = \$7.75 Soup = \$4.35



**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