



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

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 ♦

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 & 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

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 = \$7.10



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

♦ = Suitable for Low Sodium Diets

● = New Code

¥ = New Item/ New Recipe