



**MENU**

**apetito**

Frozen Meals Service

# WELCOME TO OUR MENU

We understand that you may not always want to cook your own meals every day, together with going to the grocery store, getting the right ingredients and even cooking the meal itself. Our menu is full of tempting dishes to help you enjoy a well-balanced meal everyday. Even if you have to follow a special diet, we have lots of affordable, nutritious and tasty meal options.

Our menu provides complete meals, soups and desserts that are delivered to your home. The meals are frozen to preserve freshness. All of the items on the menu are made with a focus on nutrition. Most of them are diabetic friendly, low in fat, calories and sodium. We have a number of low sodium soup options and a few desserts that are made with low sugar. Our diet codes that classify each meal will help you choose which item is right for you. Turn to page [4](#) for more information.

We also provide meals that are lactose and gluten free and suitable for a renal diet. In addition, we offer a range of complete meals and soups for a minced and pureed diet.

We hope you enjoy browsing through the menu. You can place your order whenever you are ready.



## WHAT'S INSIDE....

<b>DIET SYMBOLS</b> .....	<b>4</b>
<b>CLIENT LETTER</b> .....	<b>5</b>
<b>COOKING YOUR FOOD</b> .....	<b>6</b>

## WHAT'S ON THE MENU?

<b>BEEF</b> .....	<b>8</b>
<b>CHICKEN &amp; TURKEY</b> .....	<b>10</b>
<b>PORK</b> .....	<b>12</b>
<b>FISH</b> .....	<b>13</b>
<b>VEGETARIAN</b> .....	<b>14</b>
<b>SOUP</b> .....	<b>16</b>
<b>BREAKFAST</b> .....	<b>17</b>
<b>DESSERT</b> .....	<b>18</b>
<b>SPECIAL DIET</b> .....	<b>20</b>
<b>MINCED</b> .....	<b>21</b>
<b>PUREED</b> .....	<b>21</b>
<b>THICKENED SOUP</b> .....	<b>23</b>



# DIET SYMBOLS

We have classified each meal, soup and dessert with a diet code. You will find each item's code(s) beneath its description. Use them to select the meals suitable for your diet. The definitions are below.

**D** *Suitable for a Diabetic Diet.* Try these, along with your dietitian's recommendations.

**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, however they may contain dairy such as milk, vegetarian cheese and eggs.

*vegan.* Vegetarian items that do not contain dairy or egg products.

## **12119 Asian Glazed Salmon**

*on a bed of shredded cabbage with white rice.*

**DLCFLS**



# CLIENT LETTER

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

*She says "I wonder if you realize what a blessing your Meals on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in the winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. For one person it is hard to keep fresh food; plus your meals give me so much variety. Since I have been enjoying your meals I feel much better physically and mentally. Just the fact that they are delivered makes me feel that someone cares."*

Ms. Evelyn Stagg

March 25, 2013

Apetito Canada Ltd.  
Brampton, Ontario

Dear Friends:

I wonder if you realise what a blessing your Meals-on Wheels food is to older people. As I am nearly 80 years old I find it very difficult to get outdoors, especially in winter. For the past year I have been getting your food 2 or 3 times a week and it makes a big difference. At my age I really only want one big meal a day and for one person it is hard to buy and keep fresh food; plus your meals give me so much variety. I don't eat a great many sweets, so I think your desserts are wonderful.

Since I have been enjoying your meals I feel much better both physically and mentally. Just the fact that they are delivered makes me feel that someone cares.

Thanks again for all your hard work in preparing this food and I wish you all the best of health and happiness.

Sincerely,

*Evelyn Stagg*

# COOKING



Microwave Wattages *under*

Label stated cooking time (1000w)	600 watts	700 watts	800 watts
3:00	5:00	4:18	3:45
4:00	6:40	5:44	5:00
5:00	8:20	7:10	6:15
6:00	10:00	8:36	7:30
7:00	11:40	10:02	8:45
8:00	13:20	11:28	10:00
9:00	15:00	12:54	11:15
10:00	16:40	14:20	12:30
11:00	18:20	15:46	13:45
12:00	20:00	17:12	15:00

# YOUR FOOD

Instructions for cooking the meal in the **oven** or the **microwave** are stated on the label that is located on top of the meal tray. Soups can be warmed on the stove top and in the microwave. Desserts need to be defrosted unless stated otherwise.

If you are using the microwave to cook your meal, we have indicated the cooking time on the label based on a 1000w oven. If your microwave is not 1000w, use the chart below to follow the correct timing for your appliance.

1000w

Microwave Wattages **over** 1000w

900 watts	1100 watts	1200 watts	1300 watts	1400 watts
3:20	2:44	2:30	2:18	2:08
4:27	3:38	3:20	3:05	2:50
5:33	4:33	4:10	3:51	3:33
6:40	5:27	5:00	4:37	4:15
7:47	6:22	5:50	5:23	4:58
8:53	7:16	6:40	6:09	5:41
10:00	8:11	7:30	6:55	6:23
11:07	9:05	8:20	7:42	7:06
12:13	10:00	9:10	8:28	7:48
13:20	10:54	10:00	9:14	8:30

All times are shown in minutes and seconds (min:sec) **7**

# BEEF

## **12005 Macaroni Meat & Cheese Casserole**

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

**DLS**

## **12008 Beef Stew**

*with squash and mashed potato.*

**DLC LF**

## **12010 Traditional Pot Roast**

*with country-style potatoes, carrots and green & yellow beans.*

**DLS**

## **12017 Salisbury Steak**

*with mushroom gravy, home fried potatoes and mixed carrots, beans, peas and pearl onions.*

**DLC**

## **12046 Chopped Swiss Steak**

*in tomato gravy with squash and mashed potato.*

**DLC LS**

## **12062 Meatloaf in Mushroom Gravy**

*with mashed potato, green & yellow beans and carrots.*

**DLC LF**

## **12087 Liver & Onions**

*with mashed potato and mixed carrots, beans, peas and pearl onions.*

**D**

## **12092 Meat Lasagna**

*with mixed orange & yellow carrots and green beans.*

**D**

**8**



## 12108 Shepherd's Pie

*with peas and carrots.*

**D LC**

## 12109 Veal Parmigiana

*topped with tomato sauce and cheese, served with peas, carrots and mashed potato.*

**D**

## 12111 Spaghetti Bolognese

*with carrots.*

**D LC LF**

## 12118 Steak & Mushroom Pie

*with mixed carrots, beans, peas and pearl onions.*

**D LC**

**NEW**

## 12125 Meatballs in Gravy

*with mashed potato and carrots.*

**D LC**

**NEW**

## 12128 Veal Goulash

*with red skin potatoes and mashed turnip.*

**D LC LF**

**IMPROVED**

## 12130 Beef Stroganoff

*over egg noodles with peas and red pepper.*

**D LS**

**NEW**

## 12132 Sliced Beef with Onion Gravy

*with mashed potato, peas and carrots.*

**D LS**

**MEATLOAF IN  
MUSHROOM GRAVY**



# CHICKEN & TURKEY

## 12001 Chicken à la King

*with carrots and mashed potato.*

**DLCLS**

## 12007 Turkey with Stuffing & Cranberry Sauce

*with peas and mashed potato.*

**DLCLFLS**

## 12032 Country Chicken

*in a brown gravy with mashed potato, stuffing and carrots.*

**DLCLFLS**

## 12057 Breaded Chicken Breast

*on top of caesar sauce on a red pepper rice pilaf with green & yellow beans and carrots.*

**DLCL**

## 12078 Chicken Cacciatore

*with mashed potato, zucchini and carrots.*

**DLCLFLS**

## 12090 Roast Chicken

*bone-in chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.*

**D**

## 12113 Breaded Chicken Fingers

*with french fries, peas and carrots.*

**D**

## 12116 Chicken Stew

*with mashed turnip and garlic buttered spinach.*

**DLCL**

NEW

## 12124 Chicken Breast with White Cheddar & Broccoli Sauce

*with roasted potatoes and mixed carrots, beans, peas and pearl onions.*

**DLCLF**

NEW

## 12127 Turkey Chili

*with white rice and mixed corn and green & red peppers.*

**DLCLFLS**

IMPROVED

## 12135 Chicken Pot Pie

*chicken, carrots, peas and mushrooms in a cream sauce topped with pastry is served with green beans and carrots.*

**DLCLS**

IMPROVED

## 12139 Sweet & Sour Chicken

*with white rice.*

**DLCLFLS**



**BREADED  
CHICKEN FINGERS**

**CHICKEN  
À LA KING**



# PORK

## 12020 Pork with Stuffing

*with mashed potato and carrots.*

**DLS**

## 12073 Tourtiere Meat Pie

*ground pork & beef topped with pastry and served with peas and mixed corn and bell peppers.*

**D**

## 12089 BBQ Rib Style Pork Cutlet

*with squash and home fried potatoes.*

**DLC**

## 12091 Seasoned Pork Loin with Gravy

*with succotash and country-style potatoes.*

**DLS**

## 12115 Baked Ham

*in pineapple sauce with cheese topped mashed potato and carrots.*

**DLC LF**

## 12120 Egg & Bacon Brunch

*scrambled egg, peameal bacon with home fried potatoes and apple sauce.*

**DLC**

**NEW**

## 12129 Apple Braised Pork

*with stuffing, mashed squash and green beans.*

**DLC LF**

**NEW**

## 12133 Crumbled Sausage Penne

*with yellow peppers and mixed zucchini, cauliflower, carrots and celery.*

**DLC**

IMPROVED

### 12136 Country Style Pork Casserole

*with sweet potato and green beans.*

**D LC**

IMPROVED

### 12138 Bangers & Mash

*with mashed potato, gravy and peas.*

**D**

**EGG & BACON  
BRUNCH**



# FISH

### 12003 Fish Florentine

*cheese sauce over haddock fillet on a bed of spinach is served with dill potatoes and carrots.*

**DLCLS**

### 12013 Fish & Chips

*with mixed carrots, peas, green beans and corn.*

**D**

### 12031 Lemon Herb Fish

*haddock with a herb paste is served with home fried potatoes and mixed corn and green & red peppers.*

**D LC**

### 12063 Salmon in Lemon Sauce

*on white rice with peas, carrots and mashed turnip.*

**DLCLFLS**

## 12119 Asian Glazed Salmon

*on a bed of shredded cabbage with white rice.*

**DLCFLS**

NEW

## 12126 Creamed Salmon

*salmon with corn, peas and carrots in a cream sauce is served with mashed potato and carrots.*

**DLC**

NEW

## 12134 Fish Cakes

*with tartar sauce, french fries, peas and red pepper.*

**DLC LF**



**FISH  
& CHIPS**

# VEGETARIAN

## 10004 Vegetarian Chili

*with white rice and mixed corn and green & red peppers.*

**DLC LF V** *vegan*

## 10006 Vegetarian Dhal

*a mild lentil curry with seasoned white rice, carrots and zucchini.*

**DLC LF V** *vegan*

## 10007 Vegetarian Pasta Primavera

*with mixed orange & yellow carrots and green beans.*

**DLC LF V** *vegan*

## 10009 Vegetarian Stew

*with mashed potato and squash.*

**D L C L F L S V** *vegan*

## 10046 Cheese & Potato Perogies

*in a sour cream ranch sauce with carrots and spinach & sauerkraut.*

**D L C V**

## 10047 Cheese Omelet

*with home fried potatoes and stewed tomatoes.*

**D V**

## 12021 Vegetable Lasagna

*with peas & pearl onions and mixed corn and green & red peppers.*

**D V**

## 12079 Macaroni & Cheese

*with stewed tomatoes and mixed carrots, beans, peas and pearl onions.*

**D L C V**

**NEW**

## 12131 Chana Masala

*a mild chick pea curry with seasoned white rice.*

**D L C L F L S V** *vegan*

**IMPROVED**

## 12137 Vegetarian Tofu Oriental

*with white rice and green beans.*

**D L C L F L S V** *vegan*

**MACARONI  
& CHEESE**



# SOUP

- 93001** Beef Barley **DLC LF**
- 93002** Carrot **DLC**
- 93003** Cauliflower Cheddar **DLC**
- 93005** Chicken Noodle **DLC LF**
- 93006** Minestrone **DLC LF**
- 93008** Country Vegetable **DLC LF LS V** *vegan*
- 93009** Leek & Potato **DLC LF**
- 93010** Broccoli **DLC**
- 93011** Chicken & Vegetable **DLC**
- 93016** Harvest Vegetable **DLC LF LS V** *vegan*
- 93018** Mushroom **DLC**
- 93021** Chicken Rice **DLC LF**
- 93041** Tomato Cream **DLC**
- 93042** Green Pea **DLC LF LS V**
- 93044** Beef & Vegetable **DLC**
- 93063** Squash **DLC V**
- 93100** Corn & Potato Chowder **DLC**
- 93101** Mulligatawny **DLC**



**93346** Low Sodium Chicken Noodle **D L C L F L S**

**93347** Low Sodium Minestrone **D L C L F L S**

**93348** Low Sodium Tomato Lentil **D L C L F L S V** *vegan*

**93349** Low Sodium Country Vegetable **D L C L F L S V** *vegan*

**HEARTY  
VEGETABLE SOUP**



# BREAKFAST

**07077** Apple Juice **D L C L F L S V** *vegan*

**07078** Orange Juice **D L C L F L S V** *vegan*

**08003** Carrot Muffin **V**

**08004** Raisin Bran Muffin **V**

**94000** Cream of Wheat Cereal **L C L F L S V**

**94001** Oatmeal **L C L F L S V**

# DESSERT

## 09011 Low Sugar Chocolate Mousse

*also suitable for a pureed diet.*

**D LC**

## 09021 Low Sugar Strawberry Mousse

*also suitable for a pureed diet.*

**D LC LS**

## 09041 Low Sugar Tangerine Mousse

*also suitable for a pureed diet.*

**D LC LS**

**14003** Oatmeal

**V**

**14007** Triple Berry Crumble

**V**

**14008** Butter Tart

**V**

**14009** Carrot Cake

**V**

**14011** Apple Crisp

**D LS V**

**14012** Peach Cobbler

**D V**

**14013** Rice Pudding

**D LC LF LS V**

**14014** Cherry Cobbler

**D V**

**14016** Fruit Cocktail

**D LC LF LS V** *vegan*

**14018** Strawberry Shortcake

**V**

**14020** Chocolate Fudge Cake

**V**

**14022** Vanilla Pudding  
*also suitable for a pureed diet.*

**LS V**

**14045** Cherry Cheesecake

**14056** Lemon Tart

**14058** Banana Cake

**V**

**14076** Cheesecake

**D V**

**14077** Pecan Pie

**14078** Lemon Layer Cake

**V**

**14080** Raspberry Tart

**14081** Orange Layer Cake

**V**

**14082** Sticky Toffee Pudding

**V**

**14313** Blueberry Cake

**D LC**

**14314** Chocolate Pear Cake

**D LC**

**NEW**

**CHOCOLATE  
FUDGE CAKE**



# SPECIAL DIET

*Suitable for Renal, Gluten Free, Lactose Free & Low Sodium*

**10012 Apple Pork** **D L C L F L S**  
*with white rice, green beans and squash.*

**10017 Beef & Vegetable Casserole** **D L C L S**  
*with white rice and peas.*

**10018 Herbed Fish** **D L C L F L S**  
*with white rice and peas.*

**10020 Hawaiian Chicken** **D L C L F L S**  
*with white rice and carrots.*

**10021 Turkey with Gravy** **D L C L F L S**  
*with white rice, green beans and squash.*

**10033 Chicken with Gravy** **D L C L F L S**  
*with white rice pilaf and green beans.*

**10054 Pot Roast Beef** **D L S**  
*with white rice, green beans and squash.*



**APPLE  
PORK**

# MINCED

**17001 Beef Dinner** **DLC LF**

*with mashed potato and minced peas.*

**17002 Apple Braised Pork** **DLC LS**

*with mashed potato and minced green beans.*

**17003 Ham** **DLC LF**

*with mashed potato and minced yellow beans.*

**17004 Chicken à la King** **DLC LF LS**

*with mashed potato and minced carrots.*

**17005 Turkey Dinner** **DLC LF**

*with mashed potato and minced mixed vegetables.*

**17009 Pasta Primavera** **DLC LF V**

*with mashed potato and minced peas.*

**17010 Beef Stew** **DLC LF LS**

*with mashed potato and minced carrots.*

# PUREED

**16001 Chicken à la King** **DLC**

*with mashed potato and carrot puree.*

**16003 Apple Braised Pork** **DLC**

*with sweet potato and green beans puree.*

**16004 Macaroni & Cheese** **DLC**

*with mashed potato and broccoli puree.*

- 16005 Shepherd's Pie** **DLC**  
*with mashed potato, peas and carrot puree.*
- 16006 Turkey Dinner** **DLC**  
*with mashed potato and squash puree.*
- 16007 Beef & Vegetable Casserole** **DLC**  
*with mashed potato and broccoli puree.*
- 16009 Pot Roast Beef** **DLC LS**  
*with mashed potato and carrot puree.*
- 16011 Sweet & Sour Chicken** **DLC**  
*with mashed potato and mixed vegetable puree.*
- 16017 Lemon Herb Fish** **DLC**  
*with mashed potato and mixed vegetable puree.*
- 16018 Chicken Cacciatore** **DLC LF**  
*with mashed potato and peas puree.*
- 16021 Turkey Casserole** **DLC**  
*with mashed potato and green beans puree.*
- 16023 Creamed Salmon** **DLC**  
*with mashed potato and spinach puree.*
- 16024 Liver & Onions** **DLC**  
*with mashed potato and brussel sprout puree.*

# THICKENED SOUP

## 13053 Broccoli

*puree of broccoli.*

**DLC**

## 13054 Carrot

*puree of carrot.*

**DLC**

## 13055 Cauliflower

*puree of cauliflower.*

**DLC**

## 13056 Chicken Noodle

*puree of chicken, celery, carrots and egg noodles.*

**DLC LF**

## 13057 Mushroom

*puree of mushroom.*

**DLC**

## 13058 Tomato Beef

*puree of tomato, beef, potatoes and carrots.*

**DLC LF**

**THICKENED  
CARROT SOUP**





**apetito**

apetito Canada Limited  
Brampton, ON L6T 3Y3