



Apetito frozen entrée = \$7.78

Apetito soups/desserts = \$3.54

Package of 7 entrées OR 5 entrées and 5 soups or desserts = \$51.82

REGULAR SOUPS

- 93007 - Beef Barley
- 93012 - Cream of Cauliflower
- 93022 - Rice and Turkey ♦
- 93023 - Cream of Tomato ♦
- 93025 - Beef & Vegetable
- 93030 - Carrot
- 93032 - Cream of Mushroom
- 93033 - Split Pea & Ham
- 93036 - Cream of Potato & Leek
- 93039 - Broccoli V
- 93051 - Chicken & Vegetable
- 93063 - Squash V
- 93354 - Minestrone ♦
- 93355 - Chicken Noodle
- 93356 - Country V V

THICKENED SOUPS

- 13053 - Broccoli
- 13054 - Carrot
- 13055 - Cauliflower
- 13056 - Chicken Noodle
- 13057 - Mushroom
- 13058 - Tomato Beef

REGULAR DESSERTS

- Not Suitable for Diabetics*
- 14008 - Butter Tart
 - 14015 - Cherry Cheesecake
 - 14056 - Lemon Tart
 - 14077 - Pecan Tart ♦
 - 14080 - Raspberry Tart ♦
 - 14092 - Strawberry Shortcake ♦
 - 14093 - Lemon Layer Cake ♦
 - 14094 - Chocolate Fudge Cake ♦
 - 14095 - Sticky Toffee Pudding
 - 14096 - Orange Layer Cake

LOW SUGAR DESSERTS

- 14012 - Peach Cobbler ♦
- 14014 - Cherry Cobbler ♦
- 14016 - Fruit Cocktail ♦ V

Ready to Order?



service@mealsonwheels-ottawa.org



www.mealsonwheels-ottawa.org

613-233-2424



♦ = Suitable for low sodium diets ● = New item V= Vegan

TimeSaver Foods frozen entrée = \$9.10 soup = \$5.13



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 ♦ ●

OTHER DISHES

- 523 - Pork Tenderloin ♦ ●
- 525 - Turkey Dinner ♦ ●
- 527 - Dill Haddock ♦ ●
- 534 - Pulled Pork ●
- 535 - Maple Ham ●
- 541 - Salmon Fusion ♦ ●
- 544 - Egg & Bacon Breakfast ♦ ●

SOUPS

- 401 - Beef Barley ♦ ●
- 402 - Chicken Noodle
- 403 - Vegetable ♦ ●
- 404 - Minestrone ♦

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

VEGETARIAN DISHES

- 543 - Mac n Cheese ♦
- 547 - Teriyaki Stirfry
- 548 - Vegan Mexican Chili
- 549 - Vegetable Frittata
- 550 - Ratatouille
- 551 - Spaghetti and Tomato Sauce
- 552 - Curry Chick Pea and Vegetables
- 553 - Scrambled Eggs and Homefries

♦ - Suitable for Diabetic diets
● - Gluten "Friendly" options

♦ All TimeSaver entrees and soups are suitable for low sodium diets