



MEALS ON WHEELS
LA POPOTE ROULANTE
(OTTAWA)

FROZEN MEAL PROGRAM MENU
effective JULY 2026

670 Albert Street
Ottawa, ON
K1R 6L2

Apetito frozen entrée = \$8.25 Apetito soups/desserts = \$3.75

Package of 7 entrées OR 5 entrées and 5 soups or desserts = \$54.75



POULTRY ENTRÉES

12001 - Chicken à la King
12027 - Sweet Curry Chicken
12032 - Country Chicken
12078 - Chicken Cacciatore ♦
12090 - Roast Chicken Thigh
12094 - Lemon Chicken ♦
12113 - Breaded Chicken Fingers
12114 - General Tso's Chicken
12116 - Chicken Stew
12124 - Chicken with Broccoli
 & Cheese Sauce
12135 - Chicken Pot Pie
12139 - Sweet & Sour Chicken
12148 - Chicken w/ Honey BBQ Sauce ♦
12168 - Turkey with Stuffing
12187 - Honey Apple glazed Chicken
12192 - Butter Chicken
12201 - Chicken Teriyaki ●

PORK ENTRÉES

12020 - Pork with Stuffing ♦
12089 - BBQ Rib Style Pork Cutlet
12115 - Baked Ham
12138 - Bangers & Mash
12143 - Seasoned Pork Loin
12181 - Sweet and Sour Pork ♦

MIXED ENTRÉES

12141 - Chicken with Cheddar &
 Bacon Sauce GF

BEEF ENTRÉES

10054 - Pot Roast Beef ♦ GF
12005 - Macaroni Meat Casserole
12008 - Beef Stew ♦
12046 - Chopped Swiss Steak ♦
12062 - Meatloaf with Mushroom Gravy ♦
12087 - Liver & Onions
12092 - Meat Lasagna
12108 - Shepherd's Pie ♦
12111 - Spaghetti Bolognese
12118 - Steak & Mushroom Pie
12125 - Meatballs in Gravy
12130 - Beef Stroganoff ♦
12146 - Meatballs and Peppers
12164 - Traditional Pot Roast GF
12185 - Meatloaf with Tomato Sauce
12199 - Salisbury Steak with Onion Gravy ●

FISH/SHELLFISH ENTRÉES

12003 - Fish Florentine
12013 - Fish & Country style potatoes
12018 - Tuna Pasta Casserole
12063 - Salmon in Lemon Sauce
12119 - Asian Glazed Salmon ♦
12134 - Fish Cakes
12167 - Lemon Herb Fish ♦ GF
12204 - Shrimp with Tomato &
 Pepper Sauce ●

VEGAN & VEGETARIAN ENTRÉES

10007 - Vegetarian Pasta Primavera
10047 - Cheese Omelet
10060 - Vegetarian Stew
10062 - Vegetarian Chili
10063 - Vegetarian Dhal GF V
12021 - Vegetable Lasagna
12079 - Macaroni & Cheese
12131 - Chana Masala V
12176 - Scrambled Eggs & Home Fries
12203 - Sweet and Sour Tofu ● V
12206 - Cheese Perogies with
 Sour Cream Sauce ●

SPECIAL DIET ENTRÉES ♦

(Renal, Low Sodium,
Gluten Free, Lactose Free)

10012 - Apple Pork ♦ GF
10017 - Beef & Vegetable Casserole ♦ GF
10018 - Herbed Fish ♦ GF
10020 - Hawaiian Chicken ♦ GF
10021 - Turkey with Gravy ♦ GF
10033 - Chicken with Gravy ♦ GF

HALAL ENTREES

10063 - Vegetarian Dhal GF V
12022 - Chicken Biryani
12023 - Beef Curry
12025 - Lemon and Herb Chicken Souvlaki
12026 - Spicy Beef Stew ●
12027 - Sweet Curry Chicken
12131 - Chana Masala V
12192 - Butter Chicken

PUREED ENTRÉES

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 ENTRÉES

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 ♦

♦ = Suitable for low sodium diets

● = New item

V= Vegan

GF=Gluten-Free



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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 Vegetable V

THICKENED SOUPS

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

REGULAR DESSERTS

Not recommended 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
- 14102 - Banana Cake
- 14103 - Carrot Loaf
- 14104 - Apple Pie Square
- 14105 - Brownie
- 14106 - Apple Cake
- 14107 - Blueberry Scone

LOW SUGAR DESSERTS

- 14016 - Fruit Cocktail ♦ V

Ready to Order?



service@mealsonwheels-ottawa.org



www.mealsonwheels-ottawa.org

613-233-2424



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TimeSaver Foods frozen entrée = \$9.65 soup = \$5.40



CHICKEN DISHES

- 501 - Butter Chicken ∞
- 502 - Chicken Pot Pie ☑
- 503 - Chicken Stew ☑ ∞
- 504 - Teriyaki Chicken ●
- 505 - Pineapple Chicken ∞
- 506 - Lemon Dill Chicken ☑ ∞
- 507 - Harvest Chicken ☑ ∞
- 508 - Alfredo 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 ☑ ∞
- 554 - Western Omelet ☑ ●

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 ☑
- 550 - Ratatouille
- 552 - Curry Chick Pea and Vegetables ☑
- 553 - Scrambled Eggs and Homefries

SOUPS

- 401 - Beef Barley ☑ ∞
- 402 - Chicken Noodle
- 403 - Vegetable ☑ ∞
- 404 - Minestrone ☑

∞ - Gluten "friendly" (low gluten)

☑ - Diabetic "friendly"

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