



Diet Codes:

- D** suitable for Diabetic Diet
LS suitable for Low Salt Diet
LF suitable for Low Fat Diet

Italian Eatery

501 Spaghetti and Meatballs **D**

in tomato sauce with cauliflower and carrots

502 Lasagna **D LF**

traditional meat lasagna with broccoli and dilled carrots

503 Chicken Cacciatore **D LF**

served with garlic mashed potatoes and butternut squash

504 Chicken Alfredo **LF**

tender chicken breast pieces in a creamy alfredo sauce on a bed of fettuccine with corn and asparagus

Seven Seas Wharf

302 Salmon Fillet **D LS LF**

with lemon/dill sauce on rice with broccoli and carrots

303 Fish and Chips **LS**

with french fries and mixed vegetables

304 Tuna Casserole **D LS LF**

with yellow beans and beets

305 Fish Florentine **D LS**

pollock fillet covered with cheddar/spinach sauce served with sweet potatoes and broccoli

306 Breaded Fillet of Sole **D**

with potato puffs and brussels sprouts

Vegetarian

602 Macaroni and Cheese **D**

served with glazed carrots and green beans

603 Vegetarian Lasagna **D LF**

served with beets and mashed turnips

Healthier Choices for everyday life

Prepared by People who care

TRADITIONAL ENTREES

101 Cheese Omelet **D**

with sausages and potato puffs

201 Bangers and Mash **D**

breakfast sausages on mashed potatoes covered in gravy served with peas and creamed corn

202 Beef Stew **D LF**

with green/yellow beans and mashed potatoes

204 Swiss Steak **D**

in a tasty tomato sauce with butternut squash and scalloped potatoes

205 Liver and Onions **D LS**

beef liver with gravy and sauteed onions, mashed potatoes and mixed vegetables

207 Salisbury Steak **D**

in onion/mushroom gravy with broccoli and half a baked potato

208 Cabbage Roll **D**

served with a tangy tomato sauce, sweet potatoes and peas

209 Beef Stroganoff **D LS LF**

on egg noodles with asparagus and mashed turnips

210 Chicken a la King **D LS LF**

with broccoli and mashed potatoes

211 Breaded Veal Cutlet **D**

topped with tomato sauce and mozzarella served with green beans, mushrooms and sweet potatoes

212 Meatloaf **D**

in mushroom gravy, mixed vegetables and cheddar mashed potatoes

213 Roast Pork Loin **D LF**

with stuffing, gravy, peas/carrots mix and mashed potatoes

214 Roast Turkey **D LS LF**

with stuffing, gravy, cauliflower/carrot mix and mashed potatoes

215 Pork Medallions **D LS LF**

with stuffing, gravy and applesauce, cauliflower/broccoli mix and scalloped potatoes

216 Chicken Divan **D**

in a cheese/broccoli sauce on rice with green/yellow beans and butternut squash

217 Pot Roast **D LS**

with gravy, glazed carrots and parsnips, mashed potatoes

218 Honey Mustard Ham **D LF**

served with mixed vegetables and scalloped potatoes

219 Shepherds Pie **D LS LF**

served with peas and butternut squash

221 Chicken Fingers **LS**

with french fries, peas and corn mix and plum dipping sauce

222 BBQ Boneless Pork Ribs **D**

in honey garlic sauce with 1/2 baked potato topped with cheddar and a carrot/cauliflower/broccoli mix

223 Boneless Pork Chop **D LS**

covered in mushroom sauce served with broccoli & carrots and garlic mashed potatoes

225 BBQ Chicken **D LS LF**

chicken breast pieces in bbq sauce, seasoned home fries, yellow beans and brussel sprouts

226 Swedish Meatballs **D**

in a creamy sauce served on egg noodles with carrots and peas

227 Sausage Penne **D**

mild italian sausage and penne pasta in tomato sauce with broccoli and squash

701 Beef Pot Pie

tender pieces of beef, potatoes and vegetables in a rich gravy

702 Chicken Pot Pie

tender pieces of chicken, potatoes, vegetables/mushrooms in gravy



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Bamboo Garden

- 401 Sweet and Sour Chicken** D LS LF
on rice with chinese style vegetables and peas/corn mix
- 402 Teriyaki Chicken** D LS LF
on linguine with cauliflower and chinese style vegetables
- 404 Sweet and Sour Chicken Balls** D LS LF
with lo mein noodles and a broccoli/carrot/cauliflower mix
- 405 Boneless Honey Garlic Ribs** D LS LF
with vegetable fried rice and mixed vegetables

The Soup Kitchen

- S-1 French Onion** D LF
S-2 Chicken Noodle D LF
S-3 Beef Barley D LF
S-4 Hearty Vegetable D LF
S-5 Minestrone D LF
S-6 Cream of Broccoli D
S-7 Cream of Mushroom D
S-8 Cream of Potato/Leek D
S-9 Cream of Carrot D
S-10 Cream of Celery D
S-11 Cream of Tomato D LF
S-12 Cream of Chicken Vegetable D LF
S-13 New England Clam Chowder D
S-14 Steak and Potato D LF



Side Dishes

- 801 Chicken Caesar Salad** D
tender chicken strips and penne pasta in a creamy caesar dressing with celery, carrots, green onions and red peppers
- 803 Wieners and Beans** D
all beef wiener in baked beans
- 804 Beef Chili** D
hearty chili simmered to perfection

Desserts

- | | |
|---|---|
| D-1 Deep Dutch Brownie LS | D-13 Butterscotch Pudding |
| D-2 Caramel Apple Crumble | D-14 Cherry Crisp LS |
| D-3 Date Square | D-15 Peach Cobbler |
| D-4 Nanaimo Bar | D-16 Cheese Cake D LS |
| D-5 Carrot Cake D LS | D-17 Sticky Toffee Pudding Cake |
| D-6 Chocolate Fudge Cake LS | D-18 Apple Streusel Cake D LS |
| D-7 Orange Citrus Cake D | D-19 Fruit Cocktail D LS LF |
| D-8 Banana Split Cake | D-21 Black Forest Cake D LS |
| D-9 Maple Chocolate Mania D | D-24 Pecan Streusel Cake D LS |
| D-10 Butter Tart | D-26 Triple Berry Crumble LS |
| D-11 Rice Pudding D LS LF | D-27 Raspberry Tart with Whipped Topping |
| D-12 Chocolate Pudding | |

Puree

- 901 Beef Bourguignon** with carrot/turnip and golden potatoes
- 902 Roast Beef** with nutmeg carrots and parsleyed potatoes
- 903 Roast Chicken** with buttered peas and golden potatoes
- 904 Lemoned Chicken** with sweet carrots and parsleyed potatoes
- 905 Barbecue Pork** with buttered corn and homestyle potatoes
- 906 Roast Pork** with carrots a l'orange and savoury potatoes
- 907 Roast Turkey** with butternut squash and savoury potatoes
- 908 Turkey a la King** peas and yam with apples
- 909 Salmon** with peas and pasta
- 910 Macaroni** with cheese sauce and herbed tomato



VARIETY OF FINE QUALITY

*Nutritionally
Balanced*

DUAL OVEN/
MICROWAVEABLE

ENTRÉES

Community Support Services Division of HHHS

Ida, Meals on Wheels Co-ordinator
705-457-2941 toll free 1-855-285-2944

WWW.ENTREEPLUS.COM

