

# Healthier Choices for everyday life Prepared by People who care

#### **Diet Codes:**

- D suitable for Diabetic Diet
- LS suitable for Low Salt Diet
- F suitable for Low Fat Diet

## Italian Eatery

501 Spaghetti and Meatballs 0

in tomato sauce with cauliflower and carrots

502 Lasagna 🕕 🕼

traditional meat lasagna with broccoli and dilled carrots

503 Chicken Cacciatore (D) (I)

served with garlic mashed potatoes and butternut squash

504 Chicken Alfredo (19)

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

## Seven Seas Wharf

302 Salmon Fillet 📵 🕒 🕕

with lemon/dill sauce on rice with broccoli and carrots

303 Fish and Chips 
with french fries and mixed vegetables

304 Tuna Casserole (D) (S) (F) with yellow beans and beets

**305 Fish Florentine** pollock fillet covered with cheddar/spinach sauce served with sweet potatoes and broccoli

306 Breaded Fillet of Sole 
with potato puffs and brussels sprouts

# Vegetarian

602 Macaroni and Cheese 
served with glazed carrots and green beans

603 Vegetarian Lasagna (1) (5) served with beets and mashed turnips

### TRADITIONAL ENTREES

101 Cheese Omelet 
with sausages and potato puffs

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

202 Beef Stew (1) (1)
with green/yellow beans and mashed potatoes

204 Swiss Steak 

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in a tasty tomato sauce with butternut squash and scalloped potatoes

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

208 Cabbage Roll served with a tangy tomato sauce, sweet potatoes and peas

209 Beef Stroganoff o on egg noodles with asparagus and mashed turnips

210 Chicken a la King (1) (I) With broccoli and mashed potatoes

211 Breaded Veal Cutlet 
topped with tomato sauce and mozzarella served with green beans, mushrooms and sweet potatoes

212 Meatloaf on in mushroom gravy, mixed vegetables and cheddar mashed potatoes

214 Roast Turkey (1) (5) (6) with stuffing, gravy, cauliflower/carrot mix and mashed potatoes

#### 215 Pork Medallions D 🕒 🕕

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 with gravy, glazed carrots and parsnips, mashed potatoes

218 Honey Mustard Ham (D) (I) served with mixed vegetables and scalloped potatoes

**221 Chicken Fingers** with french fries, peas and corn mix and plum dipping sauce

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

**223 Boneless Pork Chop** (I) (IS) covered in mushroom sauce served with broccoli & carrots and garlic mashed potatoes

225 BBQ Chicken (1) (I) (I) (I) Chicken breast pieces in bbq sauce, seasoned home fries, yellow beans and brussel sprouts

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

227 Sausage Penne 
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 (6) on rice with chinese style vegetables and peas/corn mix

402 Terivaki Chicken 📵 🕒 🕕 on linguine with cauliflower and chinese style vegetables

404 Sweet and Sour Chicken Balls (1) (1) with lo mein noodles and a broccoli/carrot/cauliflower mix

405 Boneless Honey Garlic Ribs 💿 🕒 🕕 with vegetable fried rice and mixed vegetables

S-1 French Onion (1) (1)

S-4 Hearty Vegetable (1) (1)

S-5 Minestrone @ @

S-6 Cream of Broccoli

S-7 Cream of Mushroom

S-8 Cream of Potato/Leek 

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S-9 Cream of Carrot

S-10 Cream of Celery 

S-12 Cream of Chicken Vegetable 10 16

S-13 New England Clam Chowder

S-14 Steak and Potato 

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801 Chicken Caesar Salad

tender chicken strips and penne pasta in a creamy caesar dressing with celery, carrots, green onions and red peppers

803 Wieners and Beans all beef wiener in baked beans

804 Beef Chili

hearty chili simmered to perfection

## esserts

D-1 Deep Dutch Brownie (6) **D-2 Caramel Apple Crumble** 

**D-3 Date Square** 

D-4 Nanaimo Bar

D-5 Carrot Cake (1) (1)

D-6 Chocolate Fudge Cake (5)

D-7 Orange Citrus Cake (1)

D-8 Banana Split Cake

D-9 Maple Chocolate Mania

**D-10 Butter Tart** 

D-11 Rice Pudding (1) (1)

**D-12 Chocolate Pudding** 

**D-13 Butterscotch Pudding** 

D-14 Cherry Crisp (6)

D-15 Peach Cobbler

D-17 Sticky Toffee Pudding Cake

D-18 Apple Streusel Cake (1) (1)

D-19 Fruit Cocktail (1) (15)

D-21 Black Forest Cake (D) (S)

D-26 Triple Berry Crumble (§)

D-27 Raspberry Tart with **Whipped Topping** 



**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

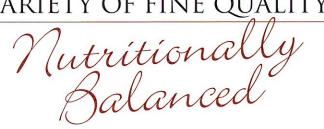
908 Turkey a la King peas and yam with apples

909 Salmon with peas and pasta

**910 Macaroni** with cheese sauce and herbed tomato



### VARIETY OF FINE QUALITY



DUAL OVEN/ MICROWAVEABLE



Community Support Services Division of HHHS

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