

Healthier Choices for everyday life
Prepared by People who care

Bamboo Garden

- 401 Sweet and Sour Chicken** **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**
with lo mein noodles and a broccoli/carrot/
cauliflower mix **D** **LS** **LF**
- 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 macaroni 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

- | | |
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| 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 Old Fashioned Beef** with green beans and
homestyle 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 green beans 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** with peas and pasta
- 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, HHHS
Meals on Wheels

MOW@hhhs.ca

705-457-2941 toll free 1-855-285-2944





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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

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

