

Caledon Meals on Wheels - 905 857 7651

FROZEN MEAL PROGRAM

FULL DIET



ENTREE PLUS

NAME: _____

ROUTE: _____

DELIVERY WEEK: _____

ENTREES

- 101 **Cheese Omelet** D
- 201 **Bangers and Mash** D
- 202 Beef Stew D LF
- 204 **Swiss Steak** D
- 205 Liver and Onions D LS
- 207 **Salisbury Steak** D
- 208 **Cabbage Roll** D
- 209 **Beef Stroganoff** D LS LF
- 210 Chicken a la King D LS LF
- 211 Breaded Veal Cutlet D
- 212 Meatloaf
- 213 Roast Pork Loin D LF
- 214 Roast Turkey D LS LF
- 215 **Pork Medallions** D LS LF
- 216 Chicken Divan D
- 217 Pot Roast D LS
- 218 Honey-Mustard Ham D LF
- 219 Shepherd's Pie D LS LF
- 221 **Chicken Fingers** S-7
- 222 Boneless BBQ Ribs D
- 223 Boneless Pork Chop D LS
- 225 BBQ Chicken D LS LF
- 226 Swedish Meatballs D
- 227 **Italian Sausage Penn** D
- 302 Salmon Fillet D LS LF
- 303 Fish and Chips LS
- 304 Tuna Casserole D LS LF
- 305 **Fish Florentine** D LS
- 306 Fillet of Sole D
- 401 **Sweet + Sour Chicken** LS LF
- 402 **Teriyaki Chicken** D LF

- 404 Sweet+Sour Chicken Balls D LF
- 405 Honey Garlic Ribs LF
- 501 Spaghetti and Meatballs D
- 502 Lasagna D LF
- 503 **Chicken Cacciatore** D
- 504 Chicken Alfredo LF
- 602 Macaroni and Cheese D
- 603 **Vegetarian Lasagna** D LF
- 701 Beef Pot Pie
- 702 Chicken Pot Pie

SOUPS

- 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/Veg. D LF
- S-13 N.E. Clam Chowder D
- S-14 Steak + Potato Soup D LF

Side Dishes

- 801 Chicken Caesar Salad D LS
- 803 **Wieners + Beans** D
- 804 **Beef Chili** D

DESSERTS

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

Diet Codes:

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