

**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** D
- 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** D
- 222 \_\_\_\_\_ **Boneless BBQ Ribs** D
- 223 \_\_\_\_\_ **Boneless Pork Chop** D LS
- 225 \_\_\_\_\_ **BBQ Chicken** D LS LF
- 226 \_\_\_\_\_ **Swedish Meatballs** D
- 227 \_\_\_\_\_ **Italian Sausage Penne** 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**
- 405 \_\_\_\_\_ **Honey Garlic Ribs**
- 501 \_\_\_\_\_ **Spaghetti and Meatballs**
- 502 \_\_\_\_\_ **Lasagna**
- 503 \_\_\_\_\_ **Chicken Cacciatore**
- 504 \_\_\_\_\_ **Chicken Alfredo**
- 602 \_\_\_\_\_ **Macaroni and Cheese**
- 603 \_\_\_\_\_ **Vegetarian Lasagna**
- 701 \_\_\_\_\_ **Beef Pot Pie**
- 702 \_\_\_\_\_ **Chicken Pot Pie**

**SOUPS**

- S-1 \_\_\_\_\_ **French Onion**
- S-2 \_\_\_\_\_ **Chicken Noodle**
- S-3 \_\_\_\_\_ **Beef Barley**
- S-4 \_\_\_\_\_ **Hearty Vegetable**
- S-5 \_\_\_\_\_ **Minestrone**
- S-6 \_\_\_\_\_ **Cream of Broccoli**
- S-7 \_\_\_\_\_ **Cream of Mushroom**
- S-8 \_\_\_\_\_ **Cream of Potato/Leek**
- S-9 \_\_\_\_\_ **Cream of Carrot**
- S-10 \_\_\_\_\_ **Cream of Celery**
- S-11 \_\_\_\_\_ **Cream of Tomato**
- S-12 \_\_\_\_\_ **Cream of Chicken/Veg.**
- S-13 \_\_\_\_\_ **N.E. Clam Chowder**
- S-14 \_\_\_\_\_ **Steak + Potato Soup**

**Side Dishes**

- 801 \_\_\_\_\_ **Chicken Caesar Salad**
- 803 \_\_\_\_\_ **Wieners + Beans**
- 804 \_\_\_\_\_ **Beef Chili**

**DESSERTS**

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

**Diet Codes:**

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