



My Menu

Fall/Winter 2023/2024



Warm up *your days* with over 200 colourful choices.

PROUD SUPPORTER OF THE CANADIAN CANCER SOCIETY RELAY FOR LIFE

At Heart to Home Meals, we take nutrition and quality of life for seniors seriously. As part of our commitment to being leaders in senior nutrition, and championing for all seniors to live a healthy lifestyle, Heart to Home Meals is now a proud supporter of the Canadian Cancer Society's Relay For Life, to raise funds in the fight against cancer.

When you purchase one of our specially selected meals, \$1.00 from each meals purchased goes towards our contributions to the Relay For Life in support for those living with the disease and help enable the Canadian Cancer Society to continue their research in ground-breaking treatment, support systems and help shape health policies.

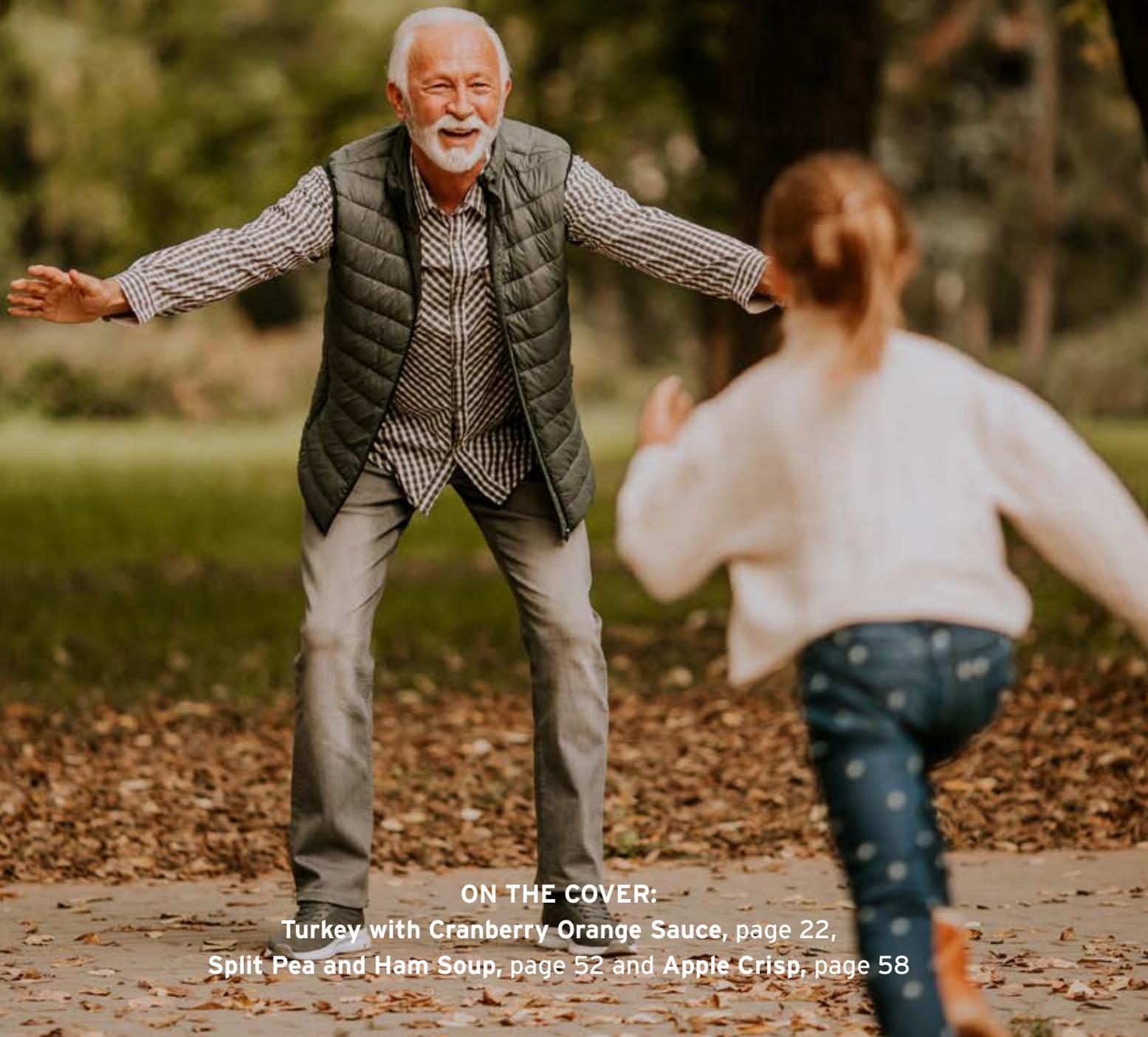


Heart to Home Meals is a proud supporter of the Relay For Life and the Canadian Cancer Society, building on our shared mission to promote healthy eating, healthy living and healthy lifestyles. (Heart to Home Meals will contribute up to a maximum of \$7,000).



We are made for seniors.

Shouldn't life get easier as you age? We think so. And we also believe you should never have to choose between eating well and living well. That's why we've created a service with your lifestyle, tastes, and nutrition in mind. **What would you like to eat this week?**



ON THE COVER:

Turkey with Cranberry Orange Sauce, page 22,
Split Pea and Ham Soup, page 52 and Apple Crisp, page 58



Chilly air, cozy fare!

Chef Tim and Chef Marc

As the season changes, so does our menu, and we couldn't be more thrilled to present you with an array of exciting new dishes to savour! Check out three of this season's standouts:

Liver and Onions - Page 12

This beloved classic is back—but with a total makeover. Enjoy our tender diced liver (a nutritional superfood!) cooked a rich beef base.

We tweaked and tested our recipe until even those who claimed they didn't like liver loved the end result!

Salmon Teriyaki - Page 29

Succulent salmon glazed with our made-from-scratch teriyaki sauce is making its debut this season. It's great in the microwave, but try this in the oven when you have more time to achieve a scrumptious caramelization.

Vegetarian Bean Chili - Page 34

An all-new vegetarian dish, the robust flavors in this recipe are reminiscent of classic chili, but without the meat. Look for the green vegetarian symbol throughout the menu to discover more mouthwatering meatless choices.

Have any favourites? Let us know on any of our social media networks. While you're there, you can also watch us cook up a few of our recipes from scratch (including the **Split Pea and Ham Soup** recipe (Page 52) that was covered by Reader's Digest!).

Thank you for inviting Heart to Home Meals to your table this season!

Bon appétit!

Because one size doesn't fit all...

Many of our meals come in three different sizes to suit your individual appetite:



Mini Meals

Perfect for lighter appetites, smaller meals or snacks.
(200-223g) **Page 46**



Standard Meals

Most seniors find these are just the right size for every day. (290-420g)



Hearty Meals

Increased portions satisfy larger appetites perfectly.
(464-525g) **Page 42**



Staying fit when it's frosty.

Andrea Olynyk, R.D.

As the crisp air settles in, staying active and nourished can be a real challenge. However, don't let the chill deter you!

The invigorating fresh air can do wonders for your mind and body, and activities like walking and birdwatching are wonderful at this time of year (birds are easy to spot once the leaves fall). Before you venture out, ensure sidewalks are cleared and dress in warm layers with secure footwear.

If getting out in the Canadian winter isn't appealing, you're not alone! You can still enjoy the great indoors with mall walks, virtual fitness sessions or local aquafit or chair yoga classes. Your local senior's centre may offer more variety than you think. Classes like woodworking, knitting, trivia and singing are great for keeping your mind active too.

If nothing else, the colder months are the perfect excuse to enjoy classic comfort food. Heart to Home Meals recipes are nutritionally balanced for the needs of seniors, so go ahead and dig in to our **Chicken Breast with Gravy and Stuffing** (Page 17), **Shepherd's Pie** (Page 9), **Beef Stew** (Page 10), and so much more—without the guilt!

Of course, be sure to refer to our diet codes to match meals with your individual dietary needs—and consult with a dietitian to ensure you are enjoying meals that are appropriate for you.

Don't let the snow slow you down!

Wear appropriate footwear and clothing when engaging in outdoor activities and avoid icy and uncleared areas completely. Check with your doctor before trying any new movement or fitness routine to make sure it's right for you.

...and the nutrition is always right.

We have classified each meal with colour coding, so you can choose the meals that best suit your diet.

-  **ProteinAssist™** These items contain 20g or more protein per serving.
-  **CarbControl™** These meals or soups contain 50g or less of carbohydrates per serving.
-  **Low Sodium** These meals contain 140mg or less of sodium per 100g.
-  **Vegetarian** These items contain no meat. However, they may contain dairy such as milk, cheese and eggs.
-  **Low Saturated Fat** These meals contain 2g or less of saturated fat and trans fat combined per 100g and provides 15% or less energy from the sum of these fats.
-  **High Fibre** This item contains 4g of fibre or more per serving.
-  **No Added Sugar** Desserts marked with this colour code contain no added sugar or ingredients containing added sugars.

Ordering made easy.

A simple process with easy options.



1. Choose your items.

Each item has a 5-digit code you can refer to when placing your order.



2. Place your order.

3 ways to order:

- Order **online** at HeartToHomeMeals.ca
- Call the **toll-free number** on the back of this menu
- Request a **paper order** form by phone



3. Enjoy free delivery!*

We'll arrange your delivery date and bring your order directly to your home.

4. No contracts. No subscriptions. And in many cases, no tax!

Simply order what you want, when you want with no obligation to place a regular order. We do not charge tax on our meals or soups (desserts are subject to applicable taxes).

When your order arrives, you can pay the driver by cash or cheque. Or, conveniently pay with your credit card while placing your order online or over the phone.



VISA



We Accept Veterans Affairs Allowances

**Minimum order applies in some instances. Please ask us for details.*





Beef

8



*Chicken
and Turkey*

16



Pork

24



Fish

28



*Vegetarian
and Cheese*

32



Breakfast

38



*Hearty
Meals*

42



*Mini
Meals*

46



Soups

50



Desserts

54



*Special
Diets*

60



How to heat your meals

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Beef





Macaroni, Meat and Cheese

345g



Elbow macaroni with ground beef and tomato sauce, topped with cheddar cheese and served with beans and carrots.

84676

\$9.55



Braised Beef

320g



Diced beef braised in a rich and flavourful gravy, served with green beans and red-skinned potatoes.

84668

\$11.45



Beef Goulash

310g



Rustic stewed beef seasoned with paprika, served over egg noodles with a side of vegetables.

84759

\$11.25



Asian Style Beef and Broccoli

320g



Strips of beef and broccoli in a flavourful soy and oyster sauce, served with a vegetable rice pilaf.

84858

\$11.25



Meatloaf in Tomato Sauce

335g



Tender meatloaf with a vibrant tomato-based sauce, served with red-skinned potatoes and a carrot and bean blend.

84555

\$11.95



Shepherd's Pie

370g



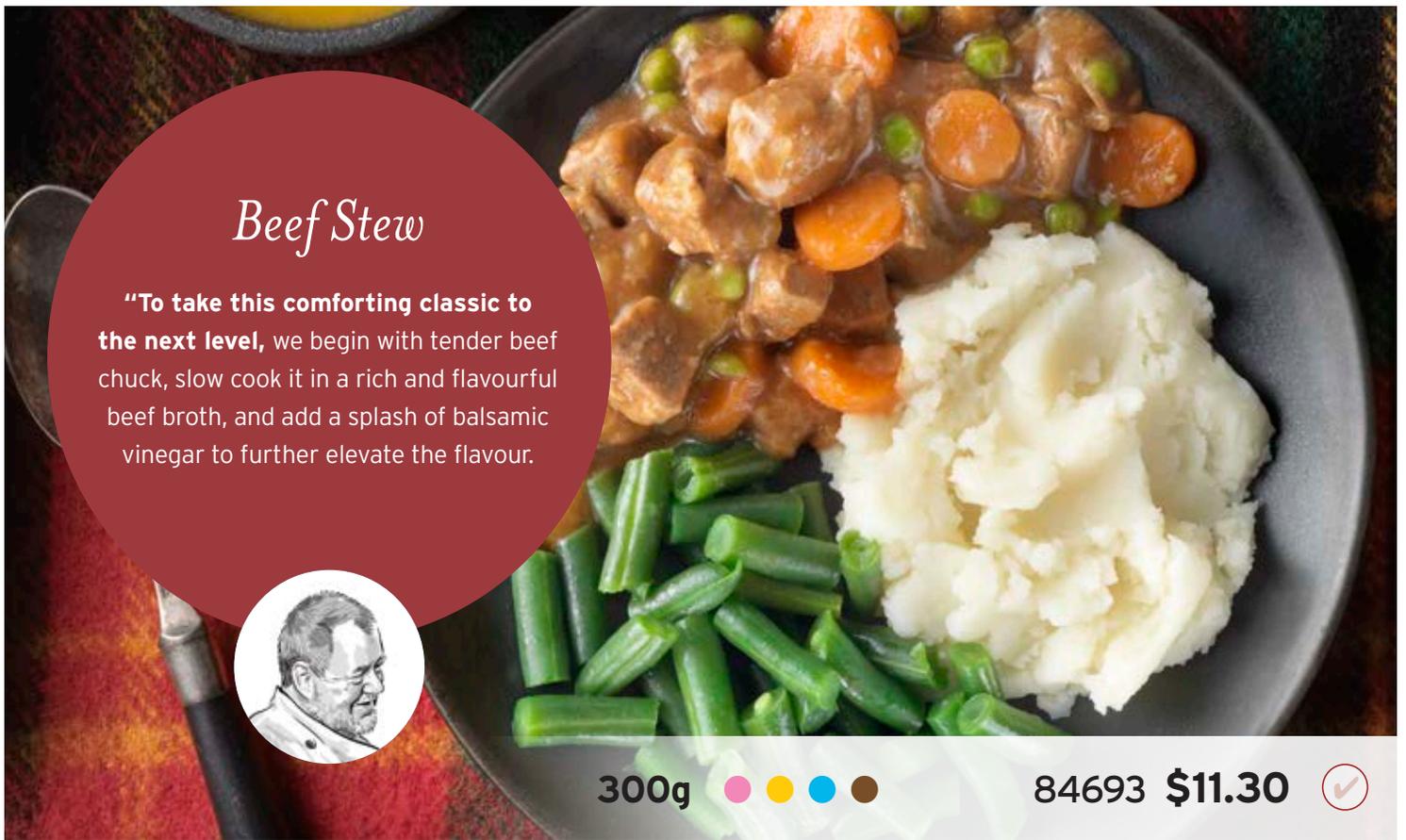
A layer of seasoned ground beef in rich gravy, topped with mashed potatoes and served with peas and carrots.

84689

\$10.30

Improved





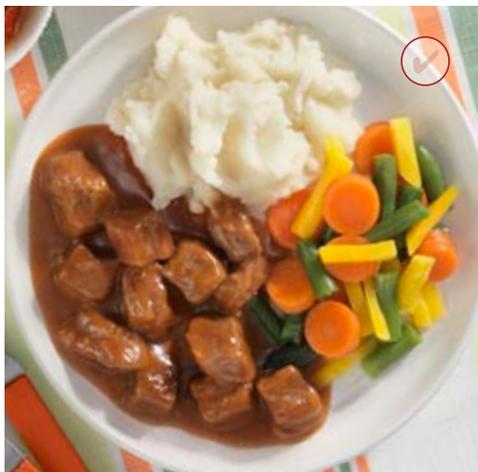
Beef Stew

"To take this comforting classic to the next level, we begin with tender beef chuck, slow cook it in a rich and flavourful beef broth, and add a splash of balsamic vinegar to further elevate the flavour.



300g ● ● ● ●

84693 \$11.30



Southern Style BBQ Beef

370g ● ● ● ●

Tender chunks of beef in a smoky southern-style barbecue sauce, served with mashed potatoes and mixed vegetables.

84849 \$11.60



Meatballs in Mushroom Sauce

364g ● ●

Beef meatballs in a savoury mushroom sauce. Served with country-style potatoes and mixed vegetables.

84850 \$11.20



Roast Beef in a Tangy Red Wine Sauce

320g ● ● ● ●

Tender sliced beef with a tangy red wine and herb sauce. Served with country-style potatoes and sliced carrots.

84853 \$12.80



Beef

Fall/Winter 2023/2024 HeartToHomeMeals.ca

My Favourites



Rosemary Garlic Beef

345g



Sliced beef in an aromatic garlic and herb sauce, served with carrots and red-skinned potatoes.

84823

\$12.40



Meatloaf with Rich Onion Gravy

315g



Beef meatloaf in a rich onion gravy, served with country-style potatoes and peas with carrots.

84769

\$12.25



Swedish-Style Meatballs

359g



Meatballs in a Swedish-inspired creamy mustard gravy with mashed potatoes and a blend of vegetables.

84703

\$10.70



Beef Stroganoff

320g



Chunks of beef in a creamy mushroom sauce, on a bed of egg noodles and a side of peas.

84696

\$9.85

“They deliver on their promise of nutritious meals at a reasonable price. Their customer service department is ever so friendly and helpful and their driver for our area is top drawer. As seniors we value everything about this company.”

— Ron



Spaghetti with Meat Sauce

325g



Spaghetti in a homestyle meat sauce, served with a medley of vegetables.

84677

\$9.30





Customer's CHOICE

Spaghetti and Meatballs

356g

Classic home-style spaghetti and a side of meatballs in a vibrant tomato sauce.

84680 **\$9.30**



Liver and Onions

330g

Tender diced beef liver and onions in a rich savoury gravy. Served with mashed potatoes, peas and carrots.

84868 **\$10.95**



Sweet and Sour Meatballs

305g

Beef meatballs coated in a tangy sauce, served with rice pilaf and a side of vegetables.

84751 **\$10.40**



Chili Con Carne

320g

A bold and tangy meat chili made with ground beef and red kidney beans simmered with tomatoes and spices, served with white rice.

84726 **\$9.10**

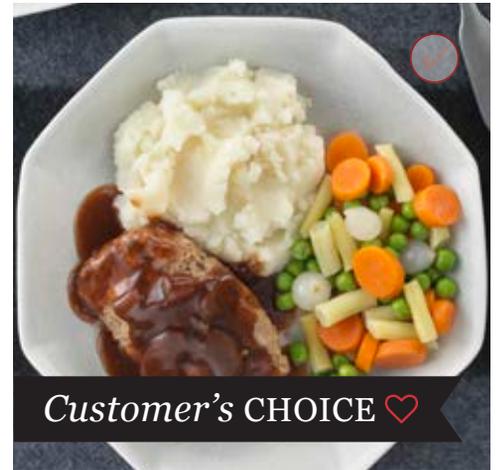


Traditional Pot Roast

331g

Slices of roast beef covered in a savoury beef gravy, served with mashed potatoes and an asparagus and pea blend.

84665 **\$12.80**



Customer's CHOICE

Homestyle Meatloaf

360g

A mushroom gravy with a hint of red wine is poured over meatloaf and served with mashed potatoes and mixed vegetables.

84649 **\$12.45**

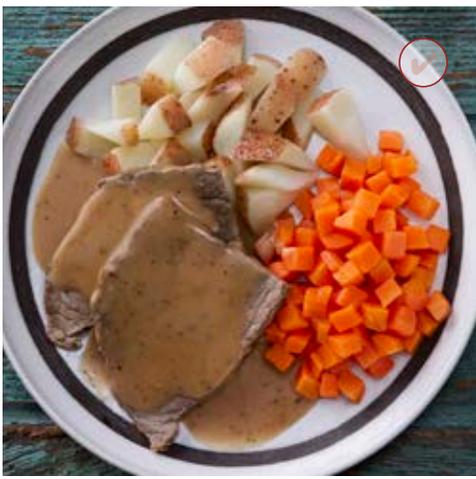


Beef

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My Favourites



Roast Beef with Diane Sauce

301g ● ●

Tender beef slices with a savoury cream sauce, served with red skinned potatoes and diced carrots.

84859 **\$12.35**

Beef Teriyaki

“Working internationally showed me the true potential of beef teriyaki. This dish is completely transformed with tender beef cooked to perfection in our crowd pleasing made-from-scratch teriyaki sauce.”



320g ● ● ●

84817 **\$11.25**



Improved

Cheddar Topped Shepherd's Pie

420g ● ● ●
84773 **\$11.15**

Ground beef in an onion gravy, topped with mashed potatoes and cheddar cheese. Served with a blend of vegetables



Swiss Steak

350g ● ● ● ●

Tender beef stewed with crushed tomatoes, celery, and sliced onions and served with a fluffy vegetable rice pilaf.

84809 **\$11.75**



Steak and Mushroom Casserole

330g

84792



\$11.60

Tender steak chunks, mushrooms and vegetable casserole with red-skinned potatoes and vegetables.



Cabbage Rolls

325g

Ground beef and rice wrapped in soft cabbage, served with a vibrant tomato sauce and a red pepper and carrot rice pilaf.

84678

\$11.05



Roast Beef with Rich Gravy

296g

Tender sliced beef in a savoury onion gravy, served with scalloped potatoes and asparagus mixed with carrots.

84698

\$12.95



Honey Garlic Meatballs

318g

84547



\$11.15

Meatballs in a sweet and savoury honey garlic glaze, served with white rice and mixed vegetables.



Beef

Fall/Winter 2023/2024 HeartToHomeMeals.ca



My Favourites

How to heat your meals*

	Meals	Soups	Desserts
 Microwave	4-12 minutes	3-4 minutes Slightly peel back film lid, stir, and cook for 1 additional minute.	In most cases, simply thaw and enjoy!
Do not thaw or remove label before cooking. Pierce seal only if indicated on the package's cooking instructions.			
 Stove/Oven	30-55 minutes Cook your meals from frozen in the oven for best results.	1. Empty soup into pot. 2. Simmer gently on medium heat until hot.	In most cases, simply thaw and enjoy!

All meals, soups and desserts are labelled with cooking instructions. **We recommend cooking your meals in the oven for the best home-cooked flavour.**

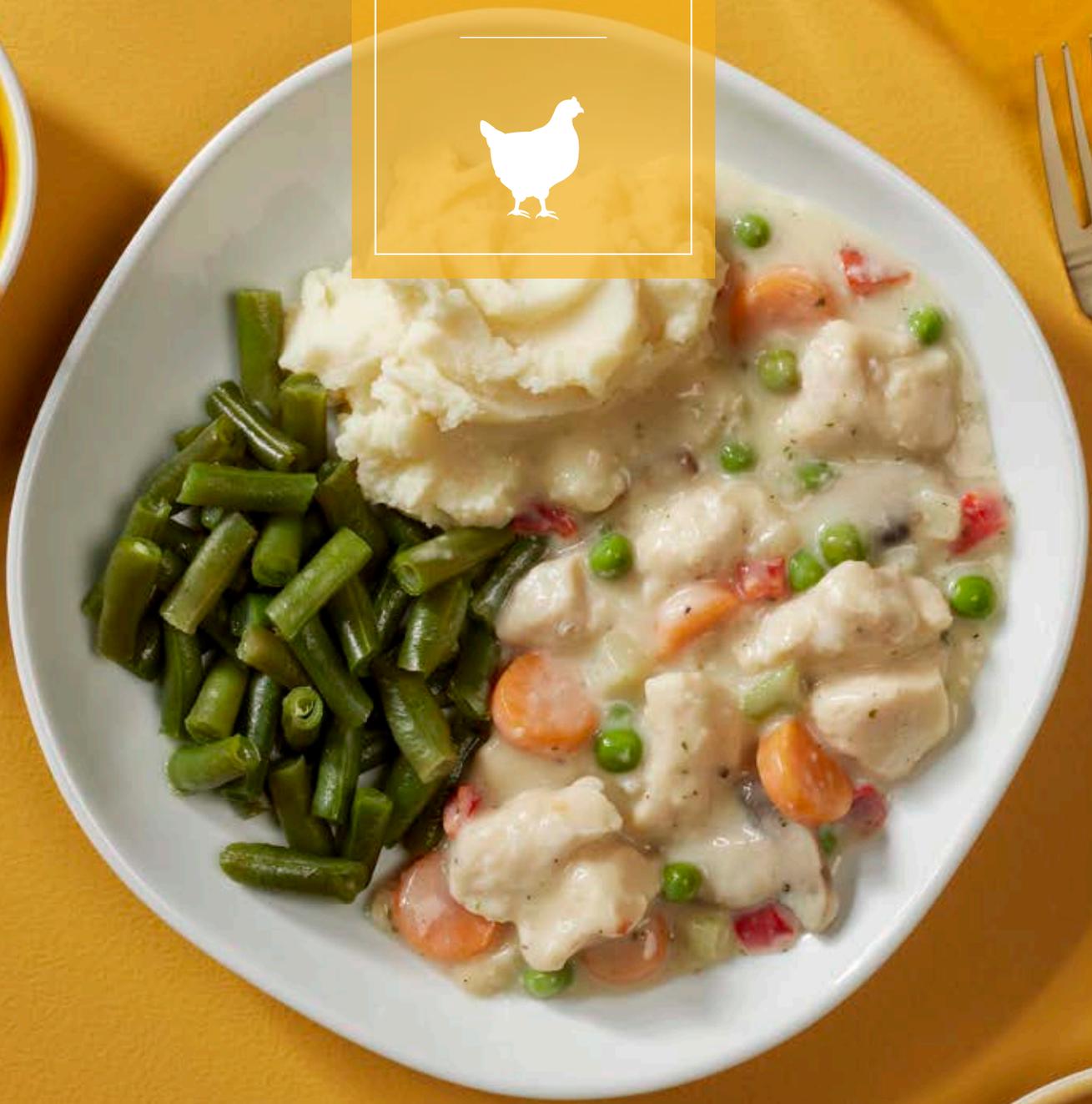
When you need to cook your meal quickly, the microwave is a great option. We have tested

each meal and indicated the cooking time needed based on a **1000 watt microwave**. If your microwave is not 1000 watts, use the chart below as a guide for your appliance. Note that all microwaves vary, so make sure your meal is steaming hot before eating.

Label Stated Cooking Time	600 watts	700 watts	800 watts	900 watts	1100 watts	1200 watts	1300 watts	1400 watts
3:00	5:00	4:20	3:40	3:20	2:40	2:30	2:20	2:10
4:00	6:40	5:40	5:00	4:30	3:40	3:20	3:00	2:50
5:00	8:20	7:10	6:10	5:30	4:30	4:10	3:50	3:30
6:00	10:00	8:40	7:30	6:40	5:30	5:00	4:40	4:10
7:00	11:40	10:00	8:40	7:50	6:20	5:50	5:20	5:00
8:00	13:20	11:30	10:00	8:50	7:20	6:40	6:10	5:40
9:00	15:00	12:50	11:20	10:00	8:10	7:30	6:50	6:20
10:00	16:40	14:20	12:30	11:10	9:00	8:20	7:40	7:10
11:00	18:20	15:50	13:40	12:10	10:00	9:10	8:30	7:50
12:00	20:00	17:10	15:00	13:20	10:50	10:00	9:10	8:30

***DO NOT PUT CONTAINER IN TOASTER OVEN**

*Chicken
and Turkey*





Customer's CHOICE ♥

Hunter's Chicken

340g



A classic dish pairing chicken breast with mushrooms in a smoky paprika tomato and wine sauce. Served with mashed potatoes and green beans.

84724

\$10.10



Chicken Breast with Gravy and Stuffing

365g



Chicken breast served with stuffing and gravy includes sides of mixed vegetables and country-style potatoes.

84653

\$11.20



Traditional Turkey Dinner

360g



Sliced white turkey breast with delicious gravy, served with homestyle stuffing, mashed potatoes and vegetables.

84651

\$11.75



Turkey Pot Pie

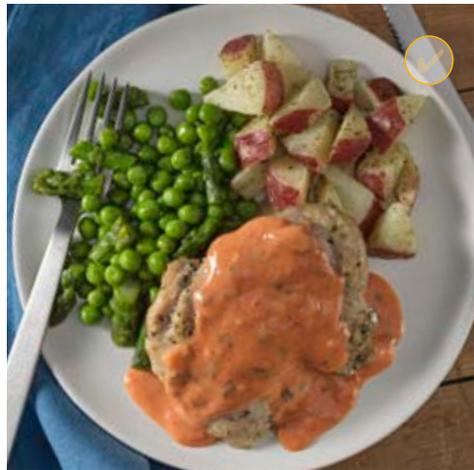
345g



Diced turkey and vegetables in a rich cream sauce and topped with pastry. Served with mashed turnips and peas with carrots.

84732

\$11.10



Chicken Thigh in a Creamy Tomato Sauce

300g



Tender boneless chicken thigh with a creamy tomato sauce. Served with red-skinned potatoes and a pea asparagus mix.

84857

\$11.15



Customer's CHOICE ♥

Chicken Teriyaki

350g



Chicken and vegetables mixed with authentic teriyaki sauce, served with a fluffy vegetable rice pilaf.

84749

\$10.30

Chicken and Turkey

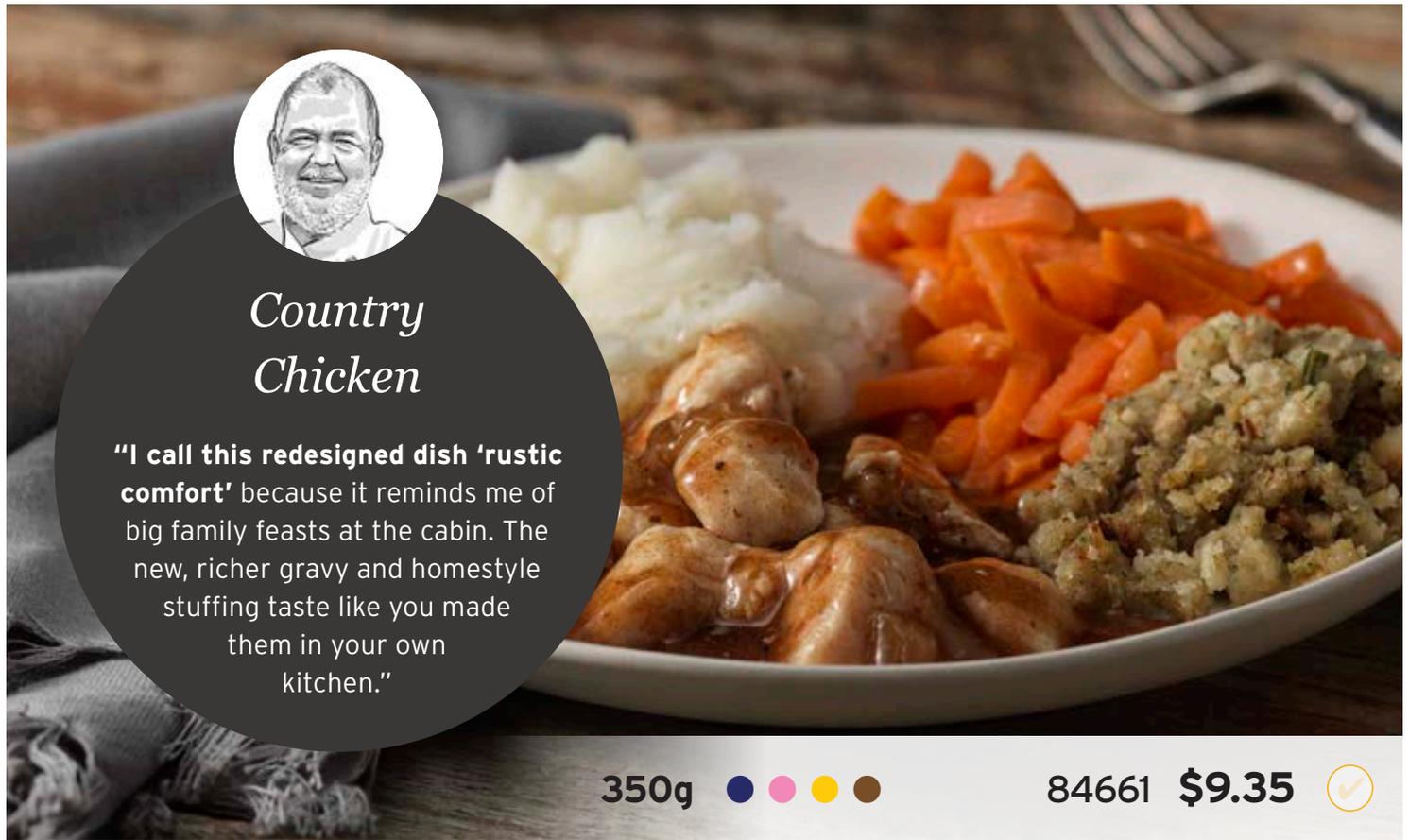
● ProteinAssist™ ● Carb Control™ ● Low Saturated Fat ● Low Sodium ● High Fibre





Country Chicken

"I call this redesigned dish 'rustic comfort' because it reminds me of big family feasts at the cabin. The new, richer gravy and homestyle stuffing taste like you made them in your own kitchen."



350g ● ● ● ●

84661 **\$9.35**



Chicken Souvlaki

310g ● ● ● ● ●

Tender herbed chicken chunks, served with a rice pilaf and a broccoli carrot blend.

84844 **\$10.45**



Orange Chicken

340g ●

Battered chicken in a sweet, orange flavoured sauce. Served with white rice and a vegetable blend.

84772 **\$9.15**



Chicken Thigh with Rich Onion Gravy

325g ● ● ● ●

A skinless, boneless chicken thigh in a rich onion gravy, served with red-skinned potatoes and vegetables.

84727 **\$10.20**



Chicken and Turkey

Fall/Winter 2023/2024 HeartToHomeMeals.ca

My Favourites



Chicken à la King

365g



Chicken, peas, mushrooms, carrots and red peppers in a creamy sauce, served with mashed potato and green beans.

84660

\$10.30



Honey Rosemary Chicken

320g



Diced chicken in a honey rosemary sauce served with a side of sweet potatoes and peas.

84806

\$10.25



Chicken Alfredo

320g



Linguine pasta and chicken in a smooth and creamy alfredo sauce, served with a blend of vegetables.

84731

\$9.55



Honey Mustard Chicken

300g



Chicken breast in a honey mustard sauce with red-skinned potatoes and a pea and carrot blend.

84795

\$10.05

"The food is very flavourful and nutritious. The vegetables taste fresh & not soggy and overcooked. Ordering online through their website is quick and efficient. All the information is there. The timely delivery makes our meals so convenient. Thank you, Heart to Home Meals!"

— Wendra



Sliced Turkey in Gravy

315g



Sliced turkey breast with a wholesome gravy, served with mashed potatoes and a blend of beans and carrots.

84652

\$10.15



Chicken Pot Pie

350g



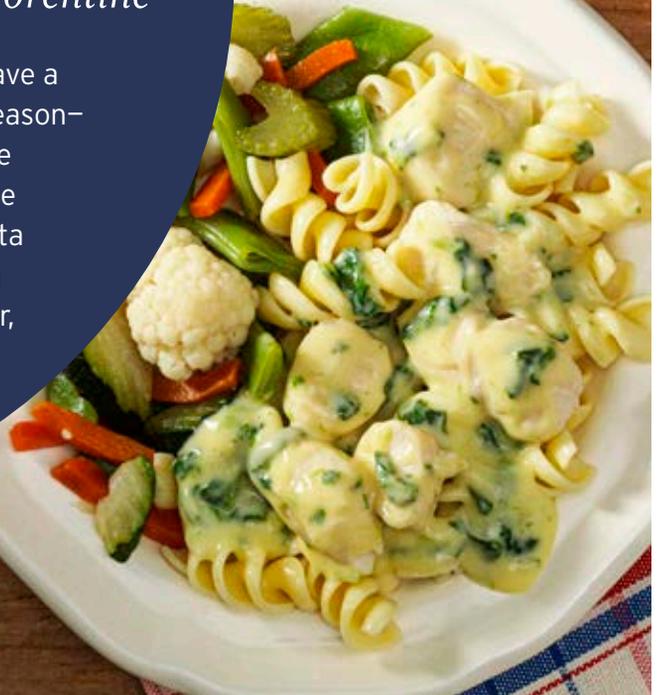
Chicken and vegetables in a creamy sauce, covered with pastry and served with mashed potatoes and vegetables.

84673

\$10.55

Chicken Pasta Florentine

"Confession time. I have a favourite recipe this season—and this is it! Every bite is delicious because the twists of the rotini pasta are perfect for holding on to our new creamier, cheesier sauce."



325g



84856 **\$9.95**



Sweet and Sour Chicken

320g



Diced chicken, red and green peppers and pineapple in a sweet and sour sauce, served with white rice.

84659

\$8.95



Chicken Tikka Masala

340g



Diced chicken in a mildly spiced tomato cream curry sauce, served with basmati rice mixed with peas and corn.

84829

\$9.95



Chicken with Lemon Pepper Sauce

410g



Tender chicken breast topped with a refreshing lemon sauce. Served with a mushroom and herb rice pilaf and sliced carrots.

84831

\$10.70



Chicken and Turkey

Fall/Winter 2023/2024 HeartToHomeMeals.ca



My Favourites



Sesame Chicken

310g



Diced chicken topped with a sweet sesame sauce and served with a vegetable rice pilaf.

84847

\$9.50



Chicken in a Creamy Mushroom Sauce

300g



Tender chicken breast topped with a creamy mushroom sauce. Served with country-style potatoes and vegetables.

84855

\$10.45



Chicken and Vegetable Casserole

340g



A flavourful chicken and vegetable casserole, served with mashed potatoes and vegetables.

84761

\$9.30



Turkey with Apple and Sage Sauce

290g



Sliced white turkey in a well-balanced apple and sage sauce, served with a side of green beans and squash.

84755

\$10.75



Chicken in Tangy Barbecue Sauce

350g



84808

\$9.50

Diced chicken in a tangy barbecue sauce, served with a side of mashed potatoes and a pea and corn blend.



Chicken and Tomato Pasta

370g

Chicken in a refreshing tomato sauce over rotini pasta served with carrots mixed with green and yellow beans.

84683 **\$9.55**



Sweet Onion and Lemon Chicken

340g

Chicken breast in a creamy sweet onion and lemon sauce, served with home fries and peas with carrots.

84846 **\$10.40**

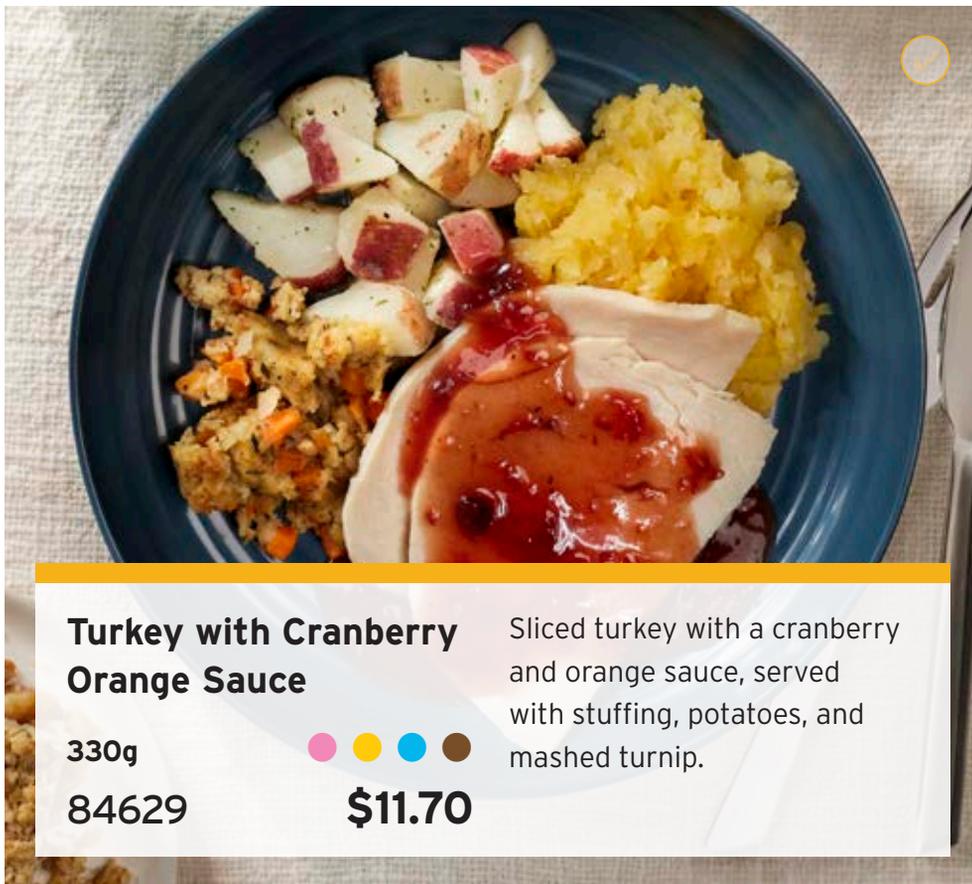


Honey Garlic Chicken

385g

Chicken breast coated in honey garlic sauce resting on red pepper basmati rice, served with carrots and a pea and pearl onion mix.

84602 **\$10.85**



Turkey with Cranberry Orange Sauce

330g

84629 **\$11.70**

Sliced turkey with a cranberry and orange sauce, served with stuffing, potatoes, and mashed turnip.



Breaded Chicken Strips

295g

Seasoned, breaded chicken strips with country-style potatoes, peas and carrots.

84172 **\$11.20**



Chicken and Turkey

Fall/Winter 2023/2024 HeartToHomeMeals.ca

My Favourites



Savoury Mushroom Chicken Thigh

365g ● ● ● ●

A skinless, boneless chicken thigh in a savoury mushroom gravy with sides of mashed potatoes and green beans.

84854 **\$10.75**



Chicken Balls with Plum Sauce

305g ● ●

Golden battered chicken with sweet plum sauce and fried rice, served alongside snap peas, baby corn and carrots..

84600 **\$9.70**



Butter Chicken

300g ● ●

Diced chicken in a stewed tomato buttery curry sauce, served with rice.

84782 **\$10.10**

Let's connect online!

See the latest updates on menu items, promotions, news and much more. We always welcome your questions, pictures and comments.

- [facebook.com/
HeartToHomeMealsCanada](https://www.facebook.com/HeartToHomeMealsCanada)
 - [instagram.com/
www.instagram.com/hthmcanada](https://www.instagram.com/hthmcanada)
 - [twitter.com/
HTHMealsCanada](https://twitter.com/HTHMealsCanada)
 - [youtube.com/
HeartToHomeMealsCanada](https://www.youtube.com/HeartToHomeMealsCanada)
- Visit our Blog and learn about senior nutrition and healthy living!**
hearttohomemeals.ca/blog



Chicken and Turkey

● ProteinAssist™ ● Carb Control™ ● Low Saturated Fat ● Low Sodium ● High Fibre



Pork





Pork Loin with Apple Sauce

300g ● ● ● ●

Pork loin coated with a delicious apple sauce, paired with red-skinned potatoes and green beans.

84737 **\$9.80**



Boneless Pork Rib Cutlet in Barbecue Sauce

335g ● ● ●

A tender pork cutlet topped with a smoky barbecue sauce, served with a side of mashed potatoes, peas and carrots.

84564 **\$10.50**



Smokey Chorizo and Cheese Penne

372g ● ● ●

Penne topped with a rich chorizo cheese sauce, served with a side of mixed vegetables.

84839 **\$9.35**



Pork with Stuffing

“Especially in winter, gravy is everything so we upped the gravy game of this recipe with a much-more-intense pork base. If you’ve tried this dish before, you won’t believe the difference!”



365g ● ● ● ● ●

84768 **\$11.40**



Pork with Ginger Garlic Sauce

320g ● ●

Strips of pork and vegetables in an Asian-style aromatic ginger garlic sauce, served with a vegetable rice pilaf.

84860 **\$8.95**



Pork Pot Roast with Root Vegetables

380g ● ● ●

Sliced pork loin topped with a rich and savoury root vegetable gravy. Served with mashed potatoes and peas.

84822 **\$9.95**



Honeyed Ham

320g ● ● ●

Sliced ham in a sweet honey glaze, served with rosemary seasoned potatoes and carrots.

84627 **\$9.25**



Pork Loin with Bacon Sauce

310g ● ● ● ●

Tender pork loin topped with a deliciously smoky bacon sauce. Served with country-style potatoes and vegetables.

84861 **\$11.10**



Baked Potato with Cheddar and Bacon Sauce

150g ●

Baked potato skin filled with a creamy cheddar and bacon sauce, perfect as a side.

84779 **\$5.90**



Cheddar Cheese Omelette and Sausages

301g ● ●

Omelette filled with cheddar cheese paired with two sausages, red-skinned potatoes and delicious stewed tomatoes.

84720 **\$10.10**



Bangers and Mash

380g



Plump pork sausages smothered in delicious gravy and served with mashed potatoes and peas.

84655

\$9.10



Scalloped Potatoes with Glazed Ham

380g



Sliced potatoes in a creamy white sauce, served with peas and sliced ham in a sweet syrup glaze.

84865

\$11.60



Hash Brown Breakfast

300g



Potatoes with eggs, bacon-flavoured pork crumble, peppers, onions and cheese. Served with baked beans.

84619

\$9.65



Scrambled Eggs and Sausages

321g



Fluffy scrambled eggs, two sausages, home fries and baked beans.

84111

\$10.05



Western Omelette

300g



A fluffy omelette filled with bell peppers and ham. Served with a side of peppers and home-fried potatoes.

84777

\$9.85



Rosemary Garlic Pork

375g



Sliced pork loin in a rosemary garlic sauce served with a side of mashed potatoes and mixed vegetables.

84807

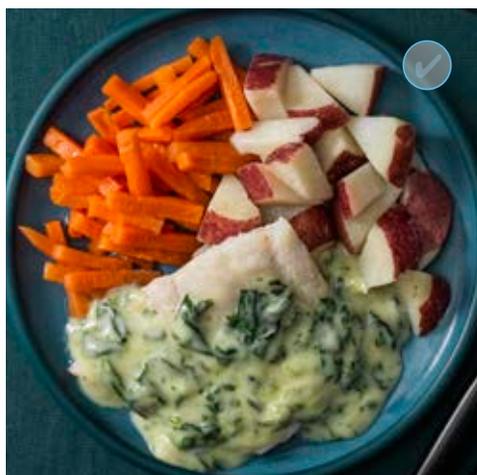
\$10.40

Fish



"I am a senior who works part-time. It is great to have a wide variety of meals to choose from and to have them readily available when I come home from work. No muss. No fuss. Exceptionally friendly service. Easy to order and delivery always occurs during the set schedule and window."

— Blaine



Fish Florentine

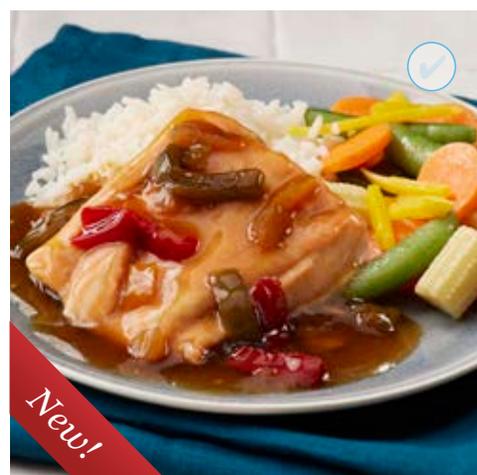
345g



Cod fillet with a cheddar cheese and spinach sauce served with red-skinned potatoes and carrots.

84688

\$12.00



Salmon Teriyaki

325g



Salmon fillet in our crowd-pleasing teriyaki sauce. Served with rice and an Asian-style vegetable blend.

84866

\$11.10



Customer's CHOICE

Fish and Chips

358g



Battered cod and country-style potatoes, served with a blend of peas, corn, green beans and diced carrots.

84780

\$11.45



Creamy Salmon Rotini

348g



84820

\$10.95

Rotini pasta and salmon flakes tossed in a creamy alfredo sauce and served with mixed vegetables.

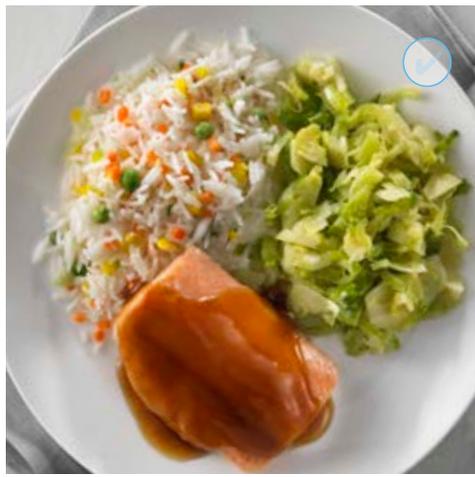


Parmesan Crusted Salmon with Herb Rice

335g ● ● ●

A parmesan crusted salmon fillet served with a herb rice pilaf and an asparagus carrot mix.

84862 **\$11.95**

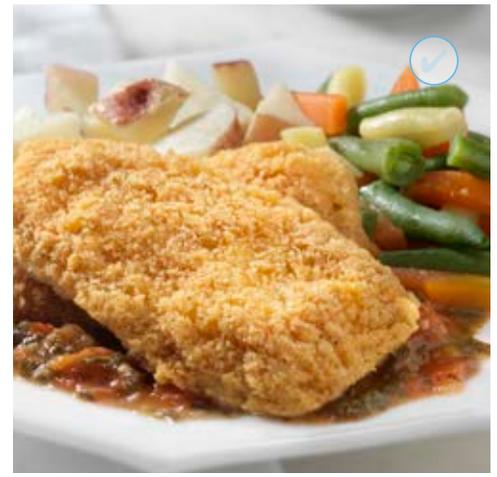


Maple-Flavoured Glazed Salmon

305g ● ● ● ●

A salmon fillet topped with a mouthwatering maple and soy glaze. Served with a vegetable rice pilaf and brussels sprouts.

84570 **\$11.70**



Breaded Sole with Spinach and Tomato Sauce

320g ● ● ●

Sole fillets with a tomato spinach salsa-style sauce, served with red-skinned potatoes and mixed vegetables.

84837 **\$11.25**



Salmon with Hollandaise Sauce

325g ● ● ● ●

Salmon fillet topped with hollandaise sauce and chives. Served with mashed potatoes and a blend of vegetables

84597 **\$11.85**



Cod with Garlic Butter Sauce

355g ● ●

Cod fillet topped with a rich garlic butter sauce, served with mashed potatoes and vegetable.

84826 **\$12.30**



Fish

Fall/Winter 2023/2024 HeartToHomeMeals.ca



My Favourites



Tuna Pasta Casserole

"I completely revamped this classic casserole based on my mom's recipe. I make it how she made it—with simple ingredients that shine—like penne, vegetables, tuna and cheddar."



300g ● ● ●

84813 **\$10.00**



Customer's CHOICE ♥



Mediterranean-Style Glazed Haddock

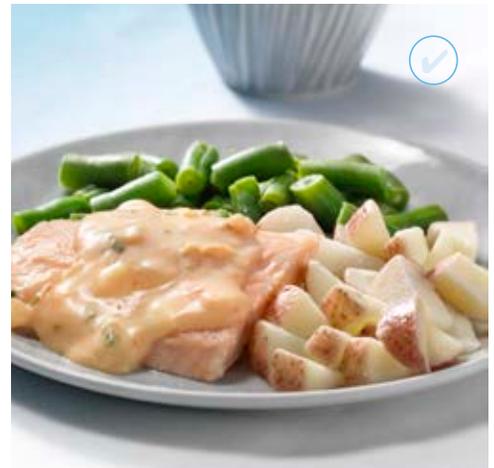
340g

● ● ● ●

84190

\$11.50

A haddock fillet topped with a tomato and herb glaze, served alongside a rice pilaf and vegetables.



Salmon in Seafood Cream Sauce

315g

● ● ● ● ●

Salmon fillet in a savoury seafood cream sauce, served with green beans and red-skinned potatoes.

84747

\$11.85

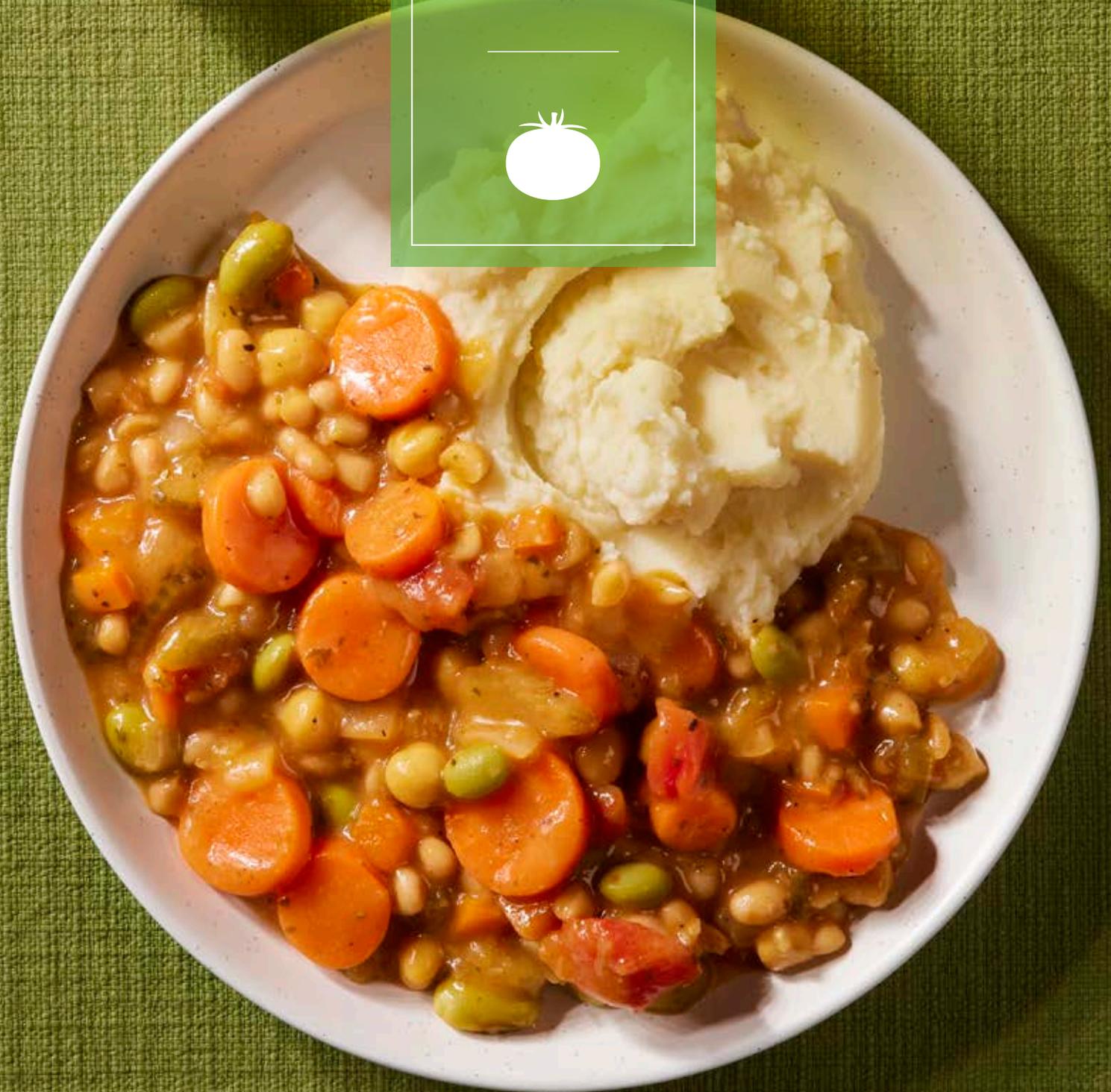


Fish



● ProteinAssist™ ● Carb Control™ ● Low Saturated Fat ● Low Sodium ● High Fibre

*Vegetarian
and Cheese*





Cheese Manicotti

350g



Pasta rolls stuffed with cheese and topped with tomato sauce, served with a blend of vegetables.

84656

\$10.90



Omelette with Hollandaise Sauce

290g



Cheddar cheese omelette topped with spinach and hollandaise sauce, served with a side of home fries.

84628

\$9.50



Vegetarian Shepherd's Pie

405g



A flavourful layer of mixed vegetables and lentils topped with mashed potatoes. Served with succotash.

84841

\$9.60



Baked Potato with Cheddar and Broccoli Sauce

140g



Baked potato skin with a creamy cheddar and broccoli sauce, perfect as a side or a snack.

84741

\$5.85



Scrambled Eggs with Mixed Vegetables

300g



Scrambled eggs with vegetables and a side of hash brown potatoes.

84787

\$8.75



Mushroom, Leek and Potato Bake

360g

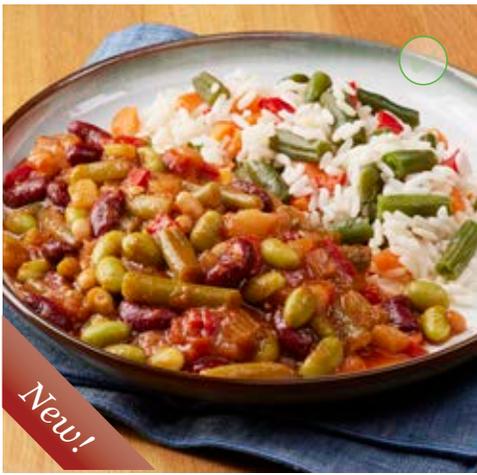


A mushroom, leek, and potato bake with a creamy cheddar sauce, served with edamame and carrots.

84821

\$9.60

Vegetarian and Cheese



Vegetarian Bean Chili

350g



A bold, richly flavoured bean and vegetable chili. Served with a vegetable rice pilaf.

84863

\$9.50



Macaroni and Cheese

320g



Macaroni pasta in a delicious cheddar cheese sauce, served with a blend of vegetables

84723

\$8.30



Cauliflower and Broccoli Cheese Casserole

350g



Cauliflower and broccoli florets in a delicious cheese sauce served with a side of seasoned home fried potatoes.

84739

\$10.00



Vegetarian Cassoulet

345g



A meatless take on a French classic; flavourful bean and vegetable stew served with mashed potatoes.

84864

\$8.00



Crustless Vegetable Quiche

300g



A classic vegetable quiche, served with homefries and a mix of green beans and carrots.

84828

\$11.60



Barley and Broccoli Risotto

380g

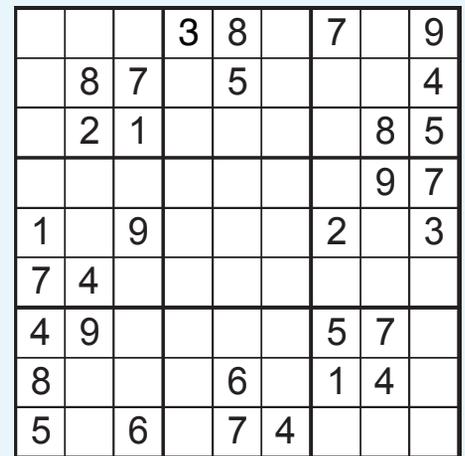
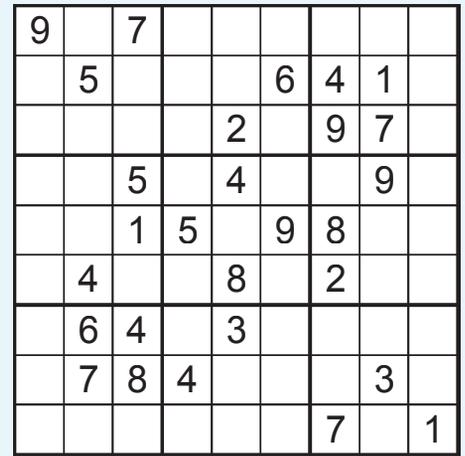
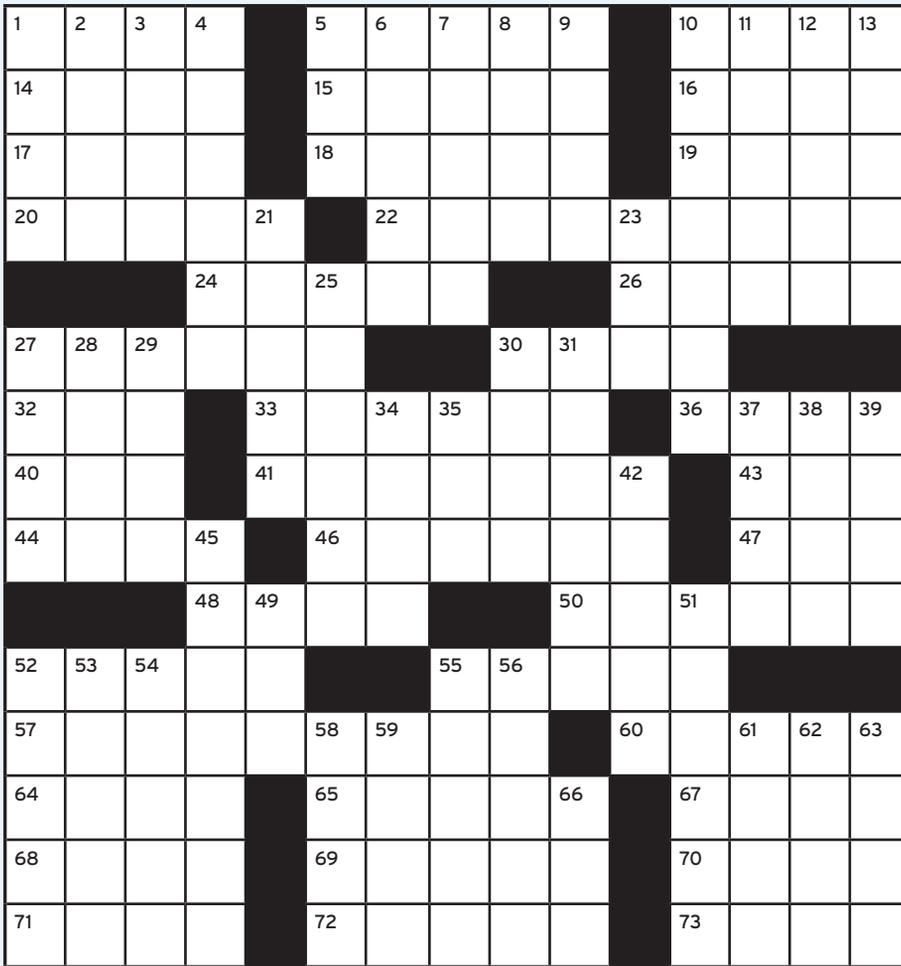


A comforting barley and broccoli risotto with cheese and served with mixed vegetables.

84838

\$8.80

Food for your MIND



ACROSS

1. Bangkok native
5. Didn't exist
10. Emerald ____
14. Merit
15. Roast host
16. Strike-breaker
17. Keen
18. Nobleman
19. Misplace
20. Remodelled
22. Wood-smoothing item
24. Take hold of
26. Not active
27. Overseas
30. Tie
32. As well as
33. Team pet
36. Indefinite number
40. Hooting bird
41. Opposed to
43. Cat's foot
44. Petition
46. Dodger

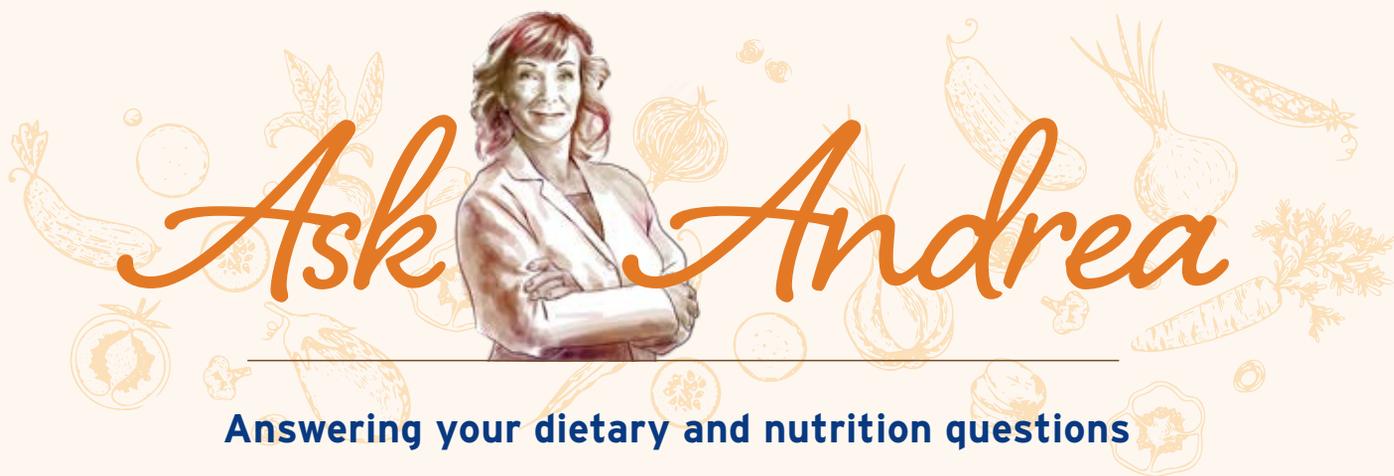
DOWN

1. Rip apart
2. Own
3. Like the Sahara
4. Deep blue
5. Spider's creation
6. Accumulate
7. Get by
8. Trick
9. Less fatty
10. Bed boards
11. Recommend
12. Cilantro
13. Begin
14. Change for a five
15. Zones
16. Famed canal
17. Lease
18. Old hat
19. Go up
20. Periods in history
21. Sugary
22. Gabs

7. ____ metal
8. City light
9. Care for
10. Oahu and Maui
11. Range
12. Intense beam
13. Film critic Roger ____
21. Stage offering
23. Brooch
25. Old sayings
27. On
28. Cereal holder
29. Part
30. Agent James ____
31. Pronoun
34. Economize
35. Espionage org.
37. Overt
38. Construct
39. Water jug
42. Orchard members
45. Dali and Picasso

49. Neighbor of Mex.
51. Blood vessel
52. Tally
53. Hermit
54. Coliseum
55. ____ Witherspoon of "Just Like Heaven"
56. Delete
58. Siestas
59. Attract
61. Diva's specialty
62. Venture
63. Golfers' pegs
66. Harden

E-mail:
info@HeartToHomeMeals.ca
 for solutions to this issue's puzzles.



Answering your dietary and nutrition questions

Q. What are things I can do to maintain my heart health?

A. You may have seen or heard the phrase "heart healthy" commonly used in the media, magazines, or even when speaking with a friend or loved one. But what exactly is a heart-healthy lifestyle? Typically, it refers to trying to reduce the risk of cardiovascular disease. According to the latest statistics from Health Canada, there are over 2.6 million Canadians living with cardiovascular disease, which is the second most common cause of death in Canada. Positively, since the year 2000, there has been a decline in the number of adults diagnosed with cardiovascular disease.

Several parameters can influence the risk of cardiovascular disease, most notably blood pressure, cholesterol levels, and blood triglycerides. Broadly speaking, lifestyle choices that can help you optimize these factors include:

- Not smoking
- Staying physically active
- Maintaining a healthy weight for your height
- Minimizing alcohol consumption
- Eating a healthy diet

When it comes to diet, **fat** plays a vital role in your body by supporting hormone production and enabling the absorption of vitamins A, D, E,

and K. Often, the type of fat you consume is more important than the amount you consume since different types of dietary fat affect the ratio of "good" (HDL) and "bad" (LDL) cholesterol your body produces. Saturated fat intake has been linked to increased levels of LDL cholesterol. Therefore, it is recommended that you try to limit foods that are high in saturated fat, such as fatty cuts of meat, butter or lard, coconut oil, full-fat dairy products, and highly processed foods like cakes, hot dogs, and burgers. A good strategy for many is to opt for leaner cuts of meat, such as skinless chicken breast or pork tenderloin, instead of items like bacon or sausage. Check out our Low Saturated Fat meals that are highlighted with the yellow diet-code throughout the menu to ensure you are making heart-healthy choices.

To increase your intake of cardio-protective HDL cholesterol, consume more unsaturated fats, which are also referred to as monounsaturated fats and polyunsaturated fats, particularly Omega 3. Great sources of healthy unsaturated fats include:

- Oils, such as olive or canola
- Nuts and seeds (e.g., walnuts, flaxseed)
- Avocado
- Omega 3-enriched eggs
- Oily fish, such as salmon, mackerel, and sardines (ideally eaten at least twice per week)
- Natural nut butters

Sodium intake can have an impact on your blood pressure. Despite this, the average Canadian still consumes roughly 2760mg of sodium per day, which is higher than the recommended upper limit of 2300mg per day. If you are concerned about the amount of sodium you are consuming or have been advised by your physician to curb your sodium intake, the best place to start is by understanding where the majority of sodium is found in your diet. Health Canada has identified the main food items that contribute to excess sodium, including:

- Bakery products
- Processed meats
- Cheese
- Soups
- Sauces
- Condiments

In recent years, sodium-reduced products have become readily available to help consumers minimize salt intake. In addition, eating plenty of fruits and vegetables, removing the salt shaker from the dinner table, adding less salt during cooking, and cutting down on highly processed foods will all help to keep your sodium intake in a healthy range. We offer several low sodium meals that you can easily find in the menu by looking for the light blue diet code.



Finally, a diet rich in **fibre** has been shown to support heart health as well as healthy digestion. It is relatively easy to increase your fibre intake with a few simple swaps, such as opting for whole-grain varieties of your staple carbohydrates like bread, pasta, rice and breakfast cereal. It is likely not a surprise to you that fruits and vegetables of all kinds are excellent sources of fibre, not to mention all of the other nutrients they contain that add to a healthy lifestyle! Specific foods that are incredibly high in fibre and can really support your intake include nuts, seeds, whole grains, beans, pulses, and lentils.

At Heart to Home Meals, we pride ourselves on being Made for Seniors. With this in mind, Chef Tim and Chef Marc always endeavour to create delicious meals with options for everyone, regardless of dietary needs. Whether choosing from our numerous salmon dishes to help with your Omega-3 fat intake or carefully selecting one of our many designated low sodium or low saturated fat dishes, we are dedicated to supporting your healthy lifestyle!

? Do you have a healthy eating question for me?

E-mail it to:

askandrea@hearttohomemeals.ca

or mail it to:

1010 Dairy Drive,
Ottawa, Ontario K4A 3N3

Always consult your healthcare professional before making any modifications to your regular diet, exercise or supplement regimen.

Please note that due to volume, Andrea will only be able to answer and publish select questions in My Menu.

A top-down view of a breakfast spread on a teal background. In the top left, a blue plate holds several golden-brown blueberry cakes, one of which is cut open to reveal blueberries. In the top right, a clear glass mug is filled with amber-colored tea. In the center, a white oval plate is filled with a breakfast meal consisting of a pile of golden-brown fried potato cubes on the left and a portion of scrambled eggs on the right, garnished with small pieces of red and green bell peppers. To the left of the white plate, a light green plastic fork and knife are neatly placed on a folded light green napkin. A semi-transparent teal rectangular box is centered over the top half of the white plate, containing the word "Breakfast" in a white serif font, a thin white horizontal line, and a white egg-shaped icon.

Breakfast



**Scrambled Eggs with Mixed Vegetablest Page 40
and Blueberry Cake, Page 41**



Cheddar Cheese Omelette and Sausages

301g ● ●

Omelette filled with cheddar cheese paired with two sausages, red-skinned potatoes and delicious stewed tomatoes.

84720 **\$10.10**



Raisin Bran Muffin

90g ● ●

A moist and delicious raisin bran muffin, perfect for breakfast or a snack.

84255 **\$3.15**



Western Omelette

300g ● ●

A fluffy omelette filled with bell peppers and ham. Served with a side of peppers and home-fried potatoes.

84777 **\$9.85**



Hash Brown Breakfast

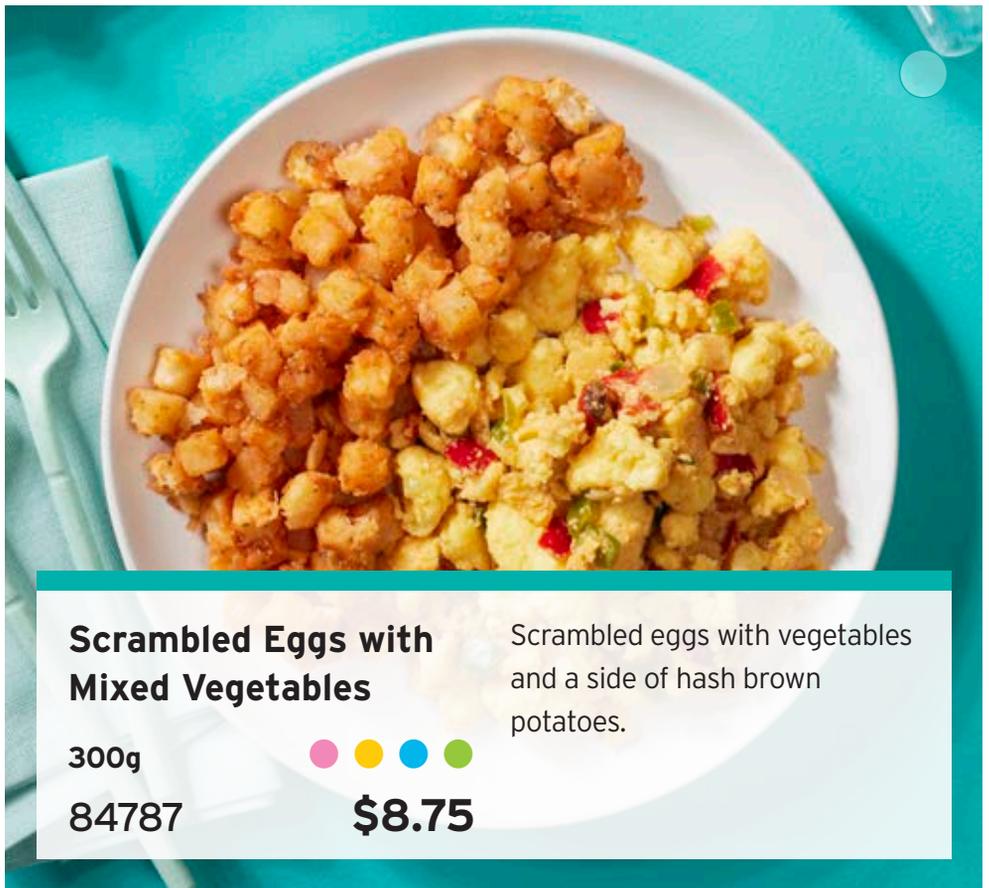
300 g ● ● ●

Potatoes with eggs, bacon-flavoured pork crumble, peppers, onions and cheese. Served with baked beans.

84619 **\$9.65**

"I have been ordering Heart to Home meals since the franchise opened in my area. The food is tasty, varied and the menu changes when new products are introduced. The service has been great, drivers are very pleasant and customer service is top notch."

— Helen



Scrambled Eggs with Mixed Vegetables

Scrambled eggs with vegetables and a side of hash brown potatoes.

300g ● ● ● ●

84787 **\$8.75**



Omelette with Hollandaise Sauce

290g ● ●

Cheddar cheese omelette topped with spinach and hollandaise sauce, served with a side of home fries.

84628 **\$9.50**



Blueberry Yogurt Muffin

90g ●

A classic muffin made with sweet blueberries and yogurt, perfect for breakfast or a snack.

84254 **\$3.15**



Strawberries and Cream Oatmeal

200g ● ● ●

A delicious oatmeal made with strawberries, brown sugar, and cream.

84825 **\$4.20**



Blueberry Cake

40g



A spongy no added sugar cake enriched with lots of blueberries. A great option to sweeten up your breakfast or have for dessert.

84231

\$4.05



Customer's CHOICE ♥

Scrambled Eggs and Sausages

321g



Fluffy scrambled eggs, two sausages, home fries and baked beans.

84111

\$10.05



Brown Sugar and Raisin Oatmeal

200g



A creamy oatmeal made with brown sugar and sultana raisins.

84754

\$4.20

Customer's CHOICE ♥

Raisin Tea Biscuit (6 pack)

55 g each



Individual golden brown raisin tea biscuits, perfect for breakfast or tea time.

84260

\$10.35



*Hearty
Meals*





Hearty Hunter's Chicken

500g ● ● ● ●

A large portion of chicken with mushrooms in a tomato and wine sauce, served with mashed potatoes and green beans.

84744 **\$11.95**



Hearty Braised Beef

500g ● ● ● ●

A hearty portion of our braised beef in a thick and flavourful red wine gravy, served with red-skinned potatoes and green beans.

84669 **\$14.00**



Hearty Chicken à la King

505g ● ● ●

Plenty of chicken and vegetables in a creamy sauce, with mashed potatoes and green beans.

84805 **\$12.25**



Hearty Beef Stew

500g ● ● ● ● ●

A sizeable meal with chunks of tender beef, peas, carrots and potato in a stew with mashed potatoes and green beans.

84694 **\$13.80**



Hearty Macaroni and Cheese

500g ● ● ●

A larger portion of macaroni pasta in a delicious cheddar cheese sauce served with a side of green beans and carrots.

84816 **\$11.35**



Hearty Chicken Pot Pie

525g ● ● ●

A heartier serving of our chicken pot pie, served with mashed potatoes and mixed vegetables.

84743 **\$12.05**

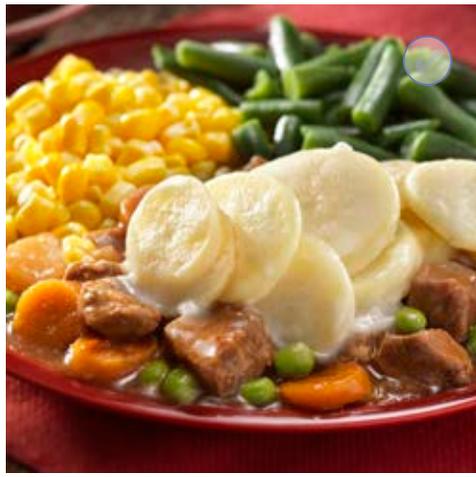


Hearty Sweet and Sour Chicken

500g ● ● ●

A larger portion of our sweet and sour chicken, served with white rice and a vegetable medley.

84658 **\$12.40**



Hearty Beef Stew Gratin

500g ● ● ●

A generously portioned meal with beef stew topped with a decadent layer of scalloped potatoes, served with corn and green beans.

84833 **\$14.10**



Hearty Scrambled Eggs and Sausages

464g ● ●

A larger serving of fluffy scrambled eggs, three sausages, home fries and baked beans.

84802 **\$13.20**



Hearty Turkey Dinner

500g ● ● ● ●

A larger serving of turkey slices under a wholesome gravy with mashed potatoes and mixed vegetables.

84742 **\$13.85**



Hearty Traditional Pot Roast

504g ● ● ● ●

A larger sized meal with roast beef covered in a savoury gravy, served with mashed potatoes, asparagus and peas.

84666 **\$14.30**



Hearty Pork with Stuffing

500g ● ● ● ●

A heartier portion of sliced pork topped with gravy and served with stuffing, mashed potatoes and a bean carrot blend.

84852 **\$13.55**



Minimal packaging, maximum flavour

Your meals, soups and desserts come safely packaged in convenient trays and containers designed to stack easily so you can make the most of your freezer space.

*Mini
Meals*





Mini Honey Garlic Chicken

200g ● ●

A smaller portion of chicken in honey garlic sauce, served with a vegetable and basmati rice pilaf.

84587 **\$7.55**



Mini Traditional Pot Roast

223g ● ●

A smaller-sized pot roast dinner in gravy with mashed potatoes and peas with asparagus.

84667 **\$8.40**



Mini Macaroni with Meat Sauce

200g ●

A smaller portion of macaroni topped with seasoned ground beef in a tomato sauce and cheese.

84766 **\$7.35**



Baked Potato with Cheddar and Broccoli Sauce

140g ● ●

Baked potato skin filled with with a creamy cheddar and broccoli sauce, perfect as a side.

84741 **\$5.85**



Mini Turkey Dinner

200g ● ● ●

A smaller-sized turkey dinner with gravy and a blend of diced potatoes and peas.

84745 **\$7.65**



Mini Shepherd's Pie

220g ● ●

A smaller portion of our Shepherd's pie, with seasoned ground beef in gravy topped with mashed potatoes.

84692 **\$7.45**

Mini Spaghetti and Meatballs

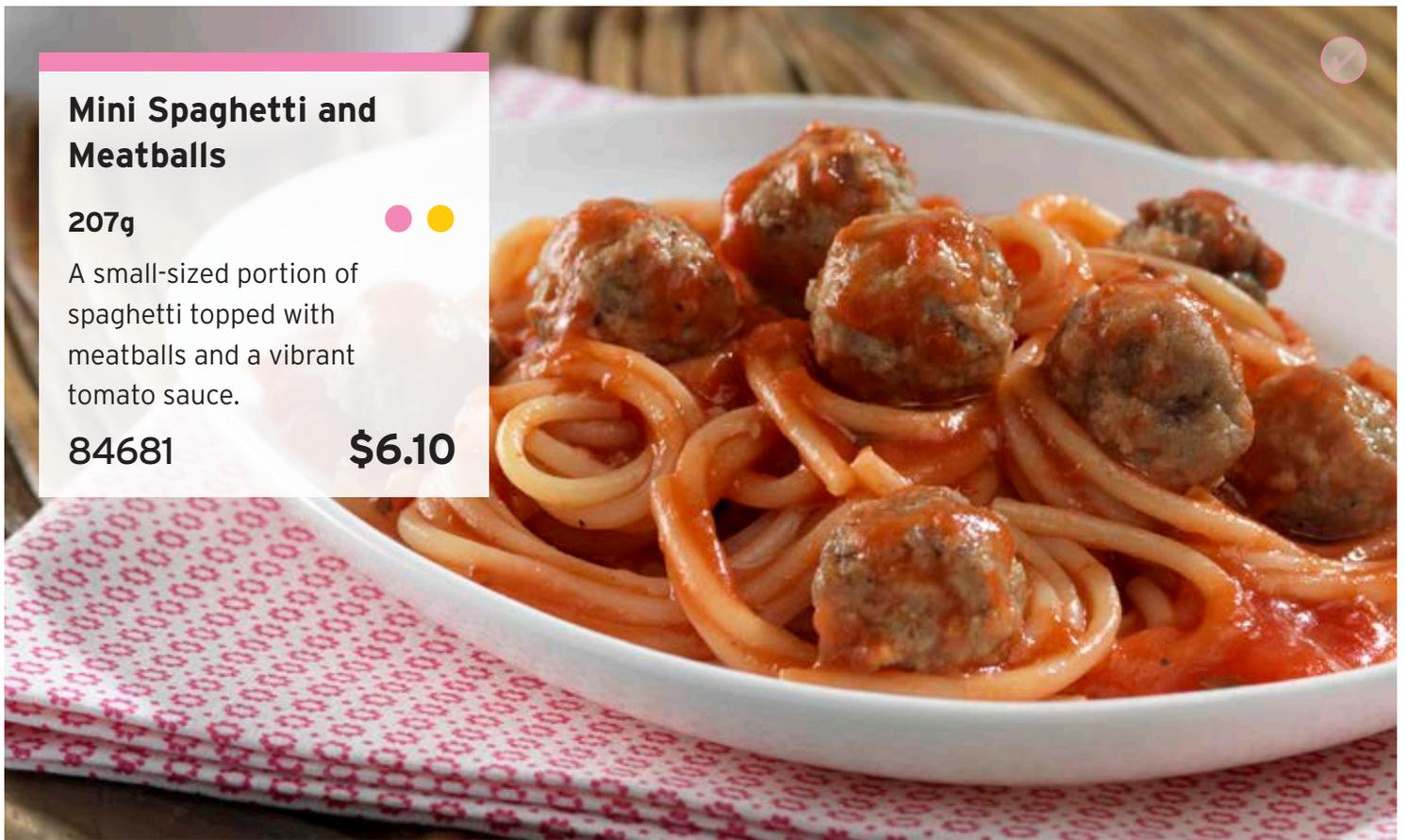
207g



A small-sized portion of spaghetti topped with meatballs and a vibrant tomato sauce.

84681

\$6.10



Mini Chicken Teriyaki

200g



A smaller portion of chicken and vegetables in authentic teriyaki sauce, served on a bed of rice pilaf and green beans.

84797

\$7.35



Mini Baked Beans with Bacon

200g



A smaller serving of baked beans and bacon in a sweet molasses sauce.

84799

\$7.25



Mini Vegetable Pasta Primavera

200g



A smaller-sized penne pasta in a creamy sauce with tomatoes, zucchini, carrots, onion and navy beans.

84815

\$6.05





Baked Potato with Cheddar and Bacon Sauce

150g ●

Baked potato skin filled with a creamy cheddar and bacon sauce, perfect as a side.

84779 **\$5.90**



Mini Braised Beef

200g ● ● ●

A smaller portion of our braised beef in red wine gravy, served over red-skinned potatoes and French cut green beans.

84670 **\$8.00**



Mini Macaroni and Cheese

200g ● ●

Homestyle macaroni and cheese made with elbow macaroni in a delicious cheddar cheese sauce.

84781 **\$5.70**



Mini Sweet and Sour Chicken

200g ● ●

A mini version of our delicious sweet and sour chicken with white rice.

84657 **\$7.40**

Soups





Cream of Corn and Bacon Soup

200g

Corn and bacon pair very nicely together in this rich soup.

84052 **\$3.90**



Italian Wedding Soup

200g

An Italian classic with bite sized meatballs, pasta and vegetables.

84057 **\$3.90**



Chicken Noodle Soup

200g

Homestyle herbed broth soup with diced chicken, vegetables and pasta.

84050 **\$4.00**



Chicken and Rice Soup

200g

A savoury, herbed soup that features chicken, rice and vegetables.

84056 **\$3.90**



New England Clam Chowder

200g

A rich and flavourful clam chowder, well balanced with bacon, potatoes, and onions.

84058 **\$3.90**



Minestrone Soup

200g

A rustic Italian soup that includes an assortment of vegetables, beans and pasta.

84036 **\$3.90**



Beef Barley Soup

200g

Traditional and flavourful beef barley soup with chunky vegetables.

84049

\$4.00



Cream of Tomato Soup

200g

An Italian-style creamy tomato soup, made more flavourful with fresh basil.

84044

\$3.95



Curried Squash and Apple Soup

200g

A flavourful soup with a blend of squash and apples, elevated with the addition of curry spices.

84051

\$3.90

Watch Chef Marc make this soup on our YouTube channel!

Split Pea and Ham Soup

"I got a fair bit of media coverage when I sought to recreate (and then improve!) this 400-year-old French Canadian classic. It even made the Reader's Digest list of top 10 iconic Canadian dishes."

200g

84043 \$3.95



Cream of Potato and Leek Soup

200g



A warm and comforting creamy potato soup flavoured with leeks and herbs.

84046

\$4.00



Beef and Vegetable Soup

200g



A classic beef broth with a mix of chunky vegetables and tender beef.

84045

\$4.00



Garden Vegetable Soup

200g



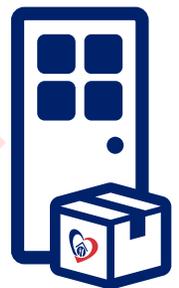
A chunky selection of garden vegetables in a seasoned broth.

84047

\$3.95

Free personal delivery*

Here's how it works:



After you order, you will be given a **date and time window** of when you can expect delivery.

Our **reliable driver** will deliver your frozen meals, soups and desserts right to your door.

All of our drivers have an **official identification card** and are police checked for your peace of mind.

* minimum order applies in some instances, please ask us for details.

Desserts





Vanilla Ice Cream

63g

Vanilla sundae (gluten and peanut free).

84208

\$1.30



Raisin Tea Biscuit (Pack of 6)

55 g each

Individual golden brown raisin tea biscuits, perfect for breakfast or tea time.

84260

\$10.35



Lemon Tart

85g

This tart's flaky crust and citrusy filling come together to create a crowd-pleasing treat.

84272

\$3.95



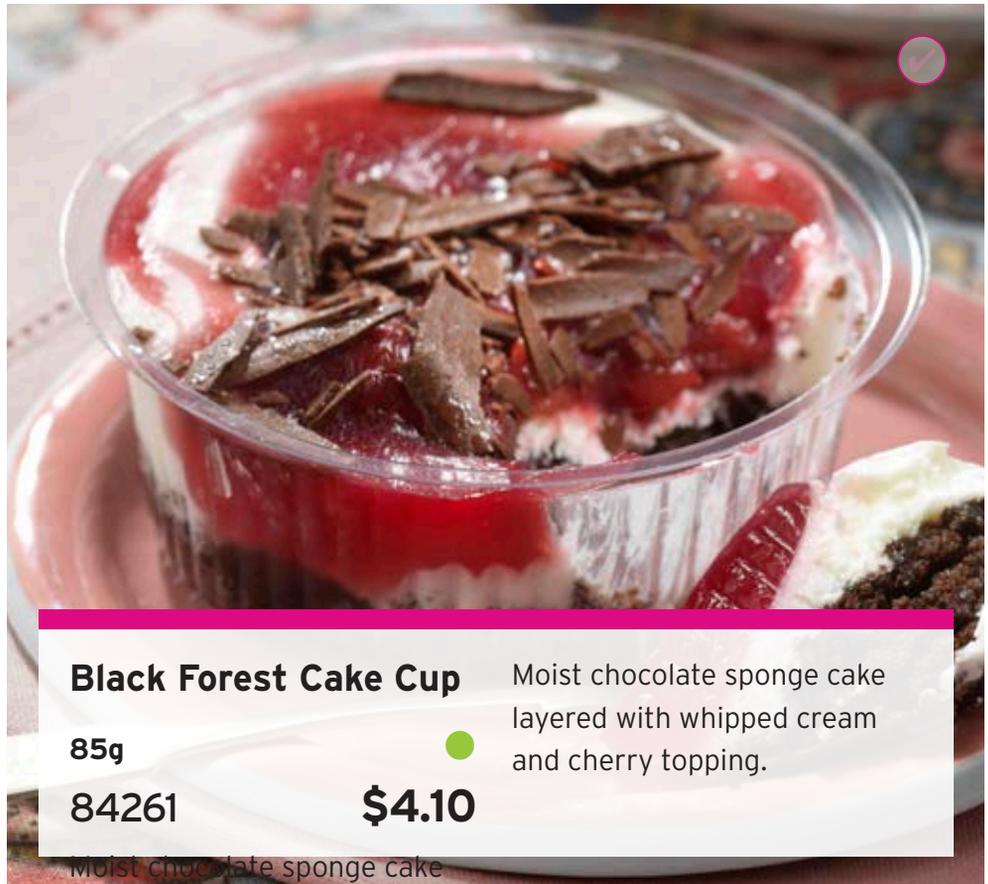
Blueberry Yogurt Muffin

90g

A classic muffin made with sweet blueberries and yogurt, perfect for breakfast or a snack.

84254

\$3.15



Black Forest Cake Cup

85g

84261

\$4.10

Moist chocolate sponge cake layered with whipped cream and cherry topping.

Moist chocolate sponge cake

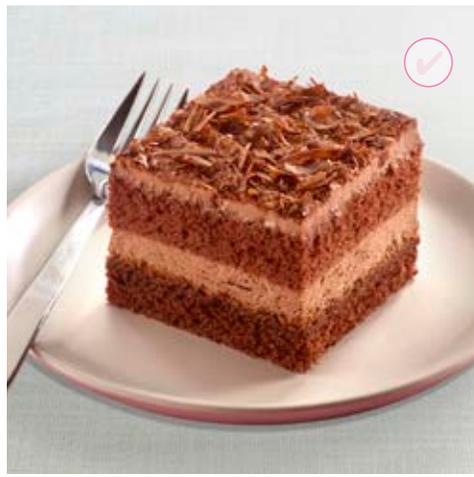


New York Style Cheesecake

40g ● ●

Rich and creamy cheesecake with a fluffy cake crust.

84226 **\$5.75**

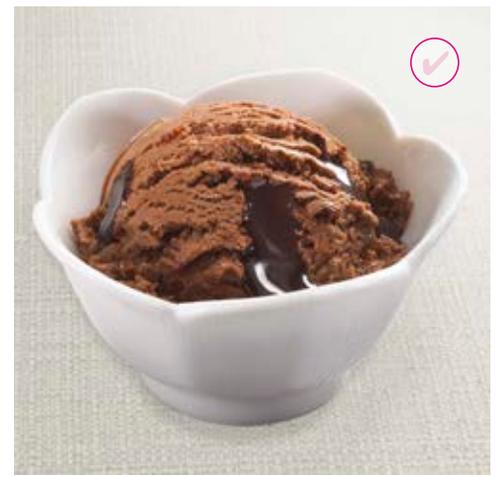


Chocolate Mousse Cake

50g ●

Chocolate sponge cake filled and topped with a rich chocolate mousse.

84234 **\$4.85**



Double Chocolate Ice Cream

63g ●

Double chocolate sundae (gluten and peanut free).

84209 **\$1.30**



Butter Tart

90g ● ●

A rich and gooey butter tart.

84206 **\$3.95**

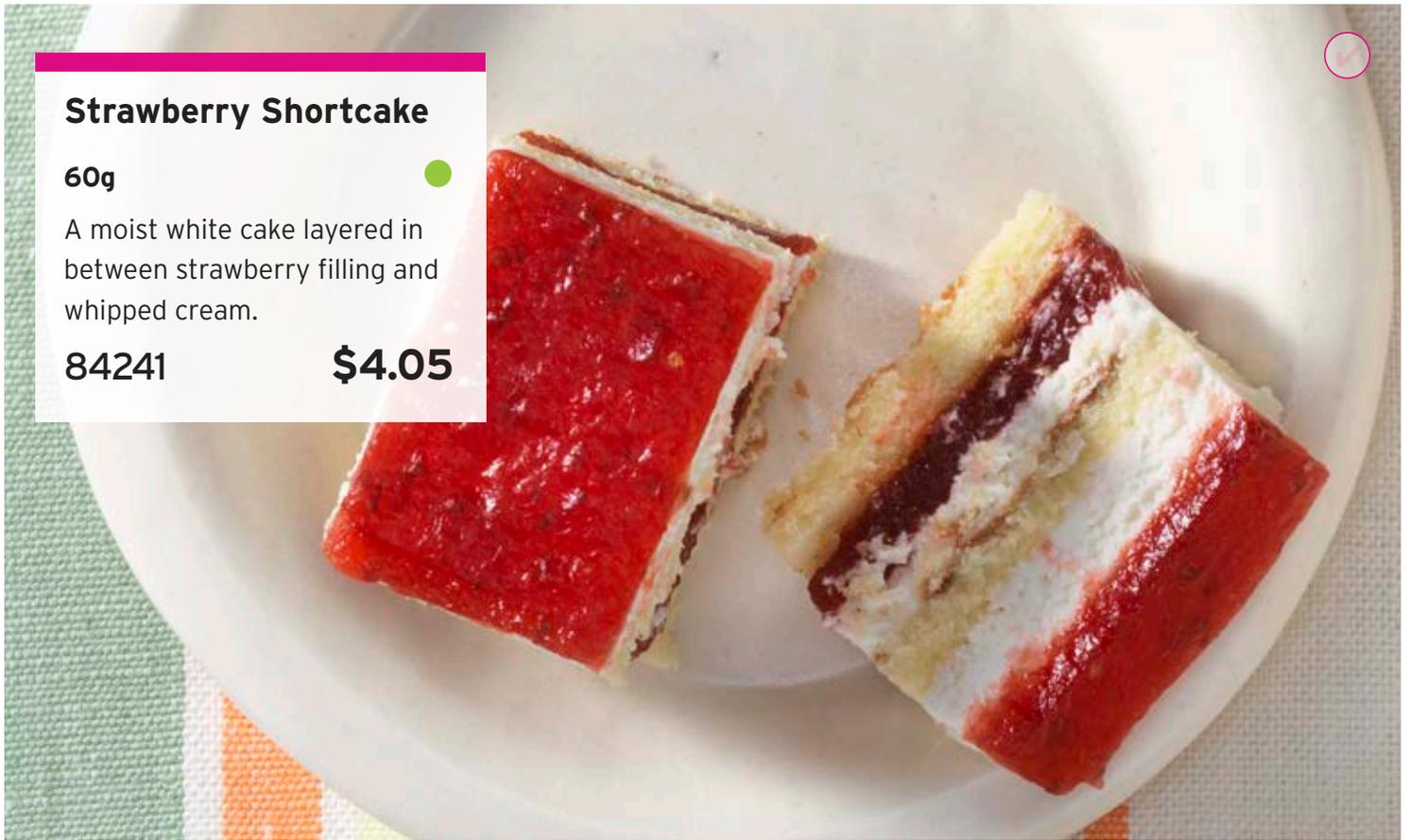
Strawberry Shortcake

60g

A moist white cake layered in between strawberry filling and whipped cream.

84241

\$4.05



Raspberry Tart

85g

A sweet raspberry filling in a delightfully flaky crust. Need we say more?

84275

\$4.05



Chocolate Caramel Mousse Cup

85g

A light, silky chocolate mousse with a hint of caramel.

84262

\$4.10



Butterscotch Swirl Ice Cream

63g

Vanilla ice cream swirled with butterscotch sauce (gluten and peanut free).

84249

\$1.30

Desserts

● No Added Sugar ● High Fibre ● Vegetarian



Apple Crisp

95g

A familiar favourite made from sliced apples and topped with an oat crumble.

84212

\$4.80



Orange Sorbet

63g

Orange flavoured sorbet (gluten and peanut free).

84237

1.30



Cherry Cheesecake Cup

85g

Rich and creamy cheesecake on a graham cracker bed, completed with cherry topping.

84263

\$4.10



Strawberry Ice Cream

63g

Strawberry sundae (gluten and peanut free).

84236

\$1.30



Desserts

Fall/Winter 2023/2024 HeartToHomeMeals.ca

 My Favourites



Raisin Bran Muffin

90g ● ●

A moist and delicious raisin bran muffin, perfect for breakfast or a snack.

84255 **\$3.15**



Blueberry Cake

40g ● ●

A spongy no added sugar cake enriched with lots of blueberries. A great option to sweeten up your breakfast or have for dessert.

84231 **\$4.05**

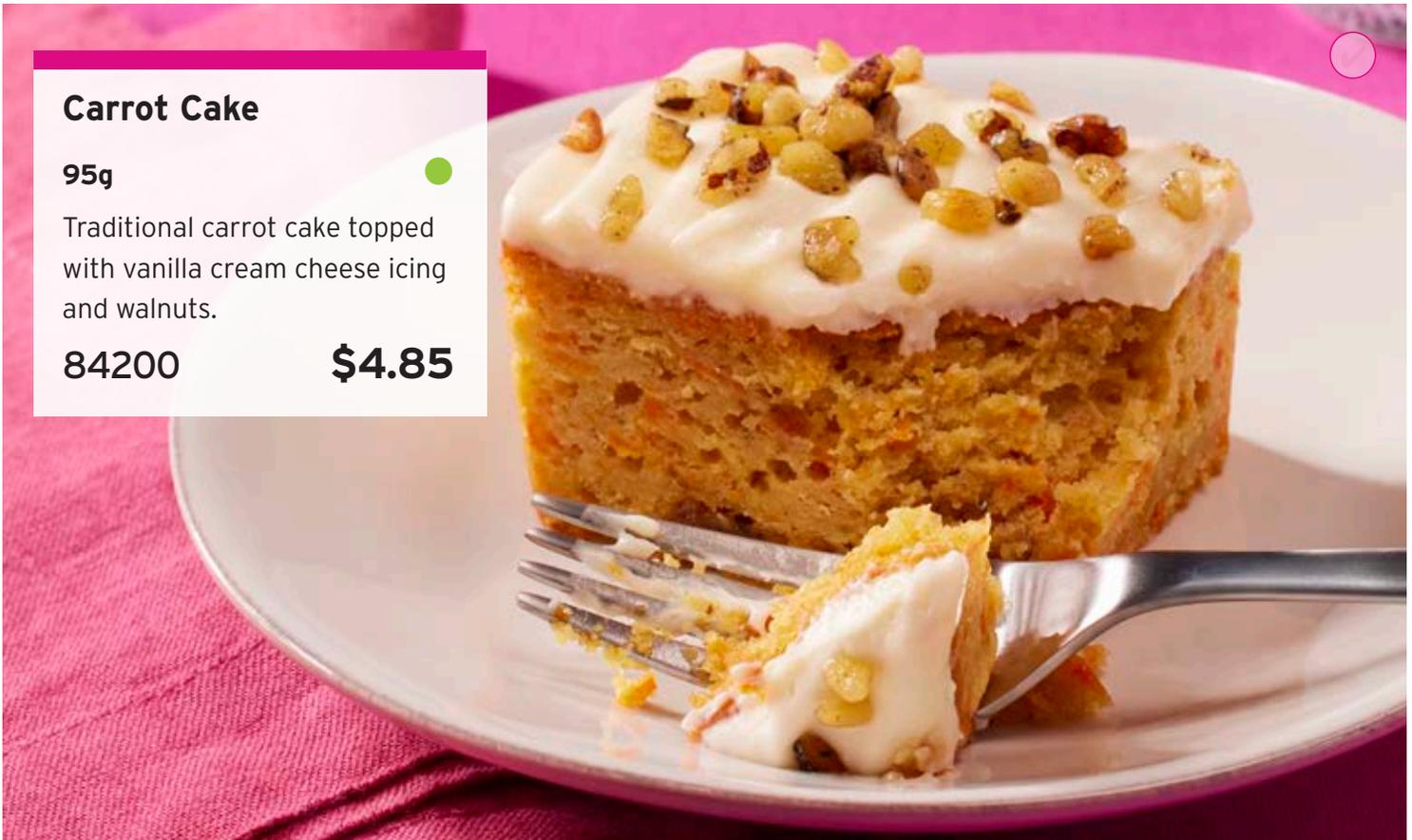


Tiramisu Cake Cup

85g ●

An Italian-style cake made with ladyfingers covered with mascarpone and sprinkled with espresso.

84264 **\$4.10**



Carrot Cake

95g ●

Traditional carrot cake topped with vanilla cream cheese icing and walnuts.

84200 **\$4.85**

*Special
Diets*



Pureed

\$10.35

☑ Chicken à la King

360g



with mashed potatoes and carrot puree

16001

☑ Turkey Dinner

360g



with mashed potatoes and squash and pumpkin puree

16006

☑ Lemon Herb Fish

410g



with mashed potatoes and mixed vegetable puree

16017

☑ Lasagna

300g



with pureed broccoli and pureed carrots

16002

☑ Beef and Vegetable Casserole

360g



with mashed potatoes and broccoli puree

16007

☑ Chicken Cacciatore

360g



with mashed potatoes and peas puree

16018

☑ Apple Braised Pork

360g



with sweet potato and green beans puree

16003

☑ Pot Roast Beef

360g



with mashed potatoes and carrot puree

16009

☑ Spaghetti Bolognese

360g



with mashed potatoes and green beans puree

16020

☑ Macaroni and Cheese

410g



with mashed potatoes and broccoli puree

16004

☑ Sweet and Sour Chicken

360g



with mashed potatoes and mixed vegetable puree

16011

☑ Turkey Casserole

360g



with mashed potatoes and green beans puree

16021

☑ Shepherd's Pie

460g



with mashed potatoes, peas and carrot puree

16005

☑ Meatloaf

410g



with mashed potatoes and squash and pumpkin puree

16016

☑ Creamed Salmon

360g



with mashed potatoes and spinach puree

16023

Minced

\$10.35

☑ Beef Dinner

325g



with mashed potatoes and minced peas

17001

☑ Ham

300g



with mashed potatoes and minced yellow beans

17003

☑ Turkey Dinner

300g



with mashed potatoes, stuffing, and minced vegetables.

17005

☑ Apple Braised Pork

340g



with mashed potatoes and minced green beans

17002

☑ Chicken à la King

335g



with mashed potatoes and minced carrots

17004

☑ Pesto Chicken

320g



with cheddar potatoes and minced mixed vegetables

17006

Minced (cont'd)

\$10.35

Pasta Primavera
315g



with mashed potatoes and
minced peas
17009

Honey Dijon Pork
315g



with mashed potatoes and
minced green beans
17012

Sweet and Sour Chicken
300g



with mashed potatoes and
minced peas
17014

Beef Stew
320g



with mashed potatoes and
minced carrots
17010

Vegetarian Stew
320g



with mashed potatoes and
minced peas
17013

Thickened Soups

\$4.35

Broccoli
160g



puree of broccoli
13053

Cauliflower
160g



puree of cauliflower
13055

Mushroom
160g



puree of mushroom
13057

Carrot
160g



puree of carrot
13054

Chicken Noodle
160g



puree of chicken, celery, carrots
and egg noodles
13056

Tomato Beef
160g



puree of tomato, beef, potatoes
and carrots
13058

Gluten-free, lactose-free, and controlled potassium and phosphorus*

\$10.45

Apple Braised Pork
300g



with rice, green beans and squash
10012

Herbed Fish
278g



with rice and peas
10018

Chicken with Gravy
285g



with rice pilaf
10033

**Beef and Vegetable
Casserole**
275g



with rice and peas
10017

Hawaiian-Style Chicken
315g



with rice and carrots
10020

Beef Pot Roast
255g



with rice and peas
10054

Turkey with Gravy
270g



with rice, green beans and squash
10021

*These meals contain LESS than:
phosphorous (<330mg) and
potassium (<650mg)

Nutritional Information

Below you'll find detailed nutrition facts for every meal, soup and dessert in our catalogue. This information will make it easy to stay in control of what you're eating. The nutrition section is the fastest way to identify which items are suitable for your dietary needs.

Beef

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84547	Honey Garlic Meatballs	●	●			●	318	460	20	40	4	7	24	10	1	55	1110	600	300	100	3
84555	Meatloaf in Tomato Sauce	●	●	●		●	335	250	21	31	11	8	5	2	0.1	35	470	750	175	75	3
84649	Homestyle Meatloaf	●	●	●		●	360	290	22	34	10	6	6	2	0.1	35	600	650	175	75	3
84665	Traditional Pot Roast	●	●	●		●	331	240	21	25	5	3	5	1.5	0.1	40	850	700	250	30	3
84668	Braised Beef	●	●	●		●	320	270	22	24	5	4	9	2.5	0.2	55	450	800	225	75	3
84676	Macaroni, Meat and Cheese	●	●			●	345	410	23	42	6	8	17	7	0.5	50	720	600	300	250	3.5
84677	Spaghetti with Meat Sauce		●	●		●	325	300	16	40	5	6	8	2.5	0.2	25	470	500	175	75	3
84678	Cabbage Rolls		●	●		●	325	280	11	42	4	5	8	3	0.3	25	600	400	125	75	2
84680	Spaghetti and Meatballs		●			●	356	380	16	44	5	7	15	6	0.5	30	1120	500	225	75	3.5
84689	Shepherd's Pie		●	●	●	●	370	300	19	34	6	6	11	3.5	0.3	40	470	700	200	50	2.5
84693	Beef Stew		●	●	●	●	300	240	19	25	5	3	8	2	0.2	45	390	700	200	75	3
84696	Beef Stroganoff	●	●	●	●	●	320	420	24	40	7	8	13	3.5	0.2	55	430	600	300	50	4
84698	Roast Beef with Rich Gravy		●	●			296	230	18	19	2	4	8	3	0.1	45	830	700	225	50	2.5
84703	Swedish-Style Meatballs		●			●	359	370	18	31	6	4	25	11	1	60	1250	750	300	100	3
84726	Chili Con Carne	●	●	●	●	●	320	400	24	45	4	5	14	4.5	0.4	50	410	650	250	75	3.5
84751	Sweet and Sour Meatballs					●	305	470	17	62	5	36	18	7	1	40	1430	700	250	75	3
84759	Beef Goulash	●	●	●		●	310	280	20	28	5	5	11	2.5	0.2	60	570	600	225	75	3
84769	Meatloaf with Rich Onion Gravy	●	●	●	●	●	315	300	23	37	10	7	8	2	0.1	35	440	600	200	50	3
84773	Cheddar Topped Shepherd's Pie	●	●			●	420	420	25	39	7	6	18	8	0.6	60	780	750	300	225	2.5
84792	Steak and Mushroom Casserole	●	●	●		●	330	260	23	22	5	5	9	2.5	0.2	55	570	900	250	50	3

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84809	Swiss Steak	●	●	●	●		350	340	28	29	3	3	12	3.5	0.3	70	440	600	250	50	3
84817	Beef Teriyaki	●	●	●			320	340	21	48	2	21	7	2	0.2	40	880	450	225	40	2.25
84823	Rosemary Garlic Beef		●			●	345	240	18	25	5	6	8	4	0.2	50	770	800	225	50	2.5
84849	Southern-Style BBQ Beef	●	●	●		●	370	320	24	34	5	10	10	3	0.2	60	660	800	225	75	3
84850	Meatballs in Mushroom Sauce		●			●	364	420	17	35	6	5	20	8	1	35	1100	750	300	75	3
84853	Roast Beef in a Tangy Red Wine Sauce	●	●	●		●	320	290	20	31	4	5	8	2.5	0.2	50	780	750	250	40	2.5
84858	Asian-Style Beef and Broccoli	●	●	●			320	330	25	33	2	3	11	3	0.2	50	810	450	250	40	2.5
84859	Roast Beef with Diane Sauce		●			●	301	190	18	20	4	4	7	3.5	0.2	50	680	700	250	50	2.5
84868	Liver and Onions		●	●		●	330	240	16	28	5	5	8	1.5	0	30	620	650	300	50	2.25

Chicken and Turkey

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84172	Breaded Chicken Strips	●		●		●	295	410	22	52	6	5	14	2	0	35	510	700	350	50	2.5
84600	Chicken Balls with Plum Sauce			●		●	305	330	12	53	4	23	7	1	0.1	25	990	550	250	50	2
84602	Honey Garlic Chicken	●	●	●		●	385	360	32	50	6	21	4.5	2.5	0	85	840	700	350	50	1.75
84629	Turkey with Cranberry Orange Sauce		●	●	●	●	330	290	16	47	4	22	4.5	0.5	0	35	340	1050	250	50	1.75
84651	Traditional Turkey Dinner		●	●		●	360	270	18	35	5	5	6	1	0	35	730	900	250	75	2.25
84652	Sliced Turkey in Gravy		●	●		●	315	170	16	24	4	2	2	0.4	0	35	510	900	250	50	1.25
84653	Chicken Breast with Gravy and Stuffing	●	●	●		●	365	360	30	40	5	5	10	2	0	85	720	700	350	50	1.75
84659	Sweet and Sour Chicken			●			320	330	19	56	2	15	4	0.6	0	45	710	350	225	30	0.5
84660	Chicken à la King		●			●	365	200	18	25	5	4	9	4.5	0.2	60	740	700	250	100	1
84661	Country Chicken	●	●	●		●	350	270	20	34	6	5	7	1	0	45	770	700	225	50	1.5
84673	Chicken Pot Pie		●			●	350	310	8	44	6	6	15	5	0.2	15	620	550	125	100	2
84683	Chicken and Tomato Pasta	●	●	●	●	●	370	270	23	39	7	7	2.5	0.5	0	45	450	650	300	75	2.5
84724	Hunter's Chicken	●	●	●		●	340	230	27	23	5	2	4	0.5	0	85	520	750	250	50	1
84727	Chicken Thigh with Rich Onion Gravy	●	●	●		●	325	260	22	24	5	6	7	1.5	0	70	540	650	250	75	2
84731	Chicken Alfredo		●			●	320	330	19	37	4	9	14	7	0.3	50	600	500	350	200	1.75

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84732	Turkey Pot Pie		●			●	345	320	18	35	6	9	17	6	0.2	45	850	600	225	100	2.5
84749	Chicken Teriyaki	●	●	●			350	300	22	48	3	19	3	0.4	0	50	1140	500	250	40	1
84755	Turkey with Apple and Sage Sauce		●	●			290	180	15	25	3	9	2.5	0.5	0	35	440	800	225	75	1.75
84761	Chicken and Vegetable Casserole		●	●	●	●	340	210	19	27	5	3	4	1	0	50	400	700	225	50	1
84772	Orange Chicken			●			340	440	14	74	3	26	9	1.5	0.1	25	580	450	225	75	2
84782	Butter Chicken	●	●				300	360	24	43	3	8	12	7	0.2	85	620	600	300	75	1.25
84795	Honey Mustard Chicken	●	●	●	●	●	300	250	29	26	4	9	5	2	0.1	90	410	700	300	30	1.25
84806	Honey Rosemary Chicken	●	●	●		●	320	270	20	42	6	13	3.5	0.5	0	45	690	700	250	50	2
84808	Chicken in Tangy Barbecue Sauce	●	●	●		●	350	260	21	44	6	17	1.5	0.3	0	45	700	650	250	50	2
84829	Chicken Tikka Masala	●	●	●	●	●	340	340	27	38	4	5	12	4	0.1	70	460	600	350	75	1.25
84831	Chicken with Lemon Pepper Sauce	●	●	●	●	●	410	330	32	39	4	7	11	3.5	0.2	95	550	650	300	75	1
84844	Chicken Souvlaki	●	●	●	●	●	310	250	26	42	5	5	1.5	0.4	0	60	210	600	300	75	1
84846	Sweet Onion and Lemon Chicken	●	●	●		●	340	280	29	27	4	5	11	3.5	0.2	95	550	650	300	50	1.25
84847	Sesame Chicken	●	●	●			310	320	25	45	2	18	6	1	0	65	640	450	300	30	0.5
84854	Savoury Mushroom Chicken Thigh	●	●	●		●	365	250	22	22	5	3	8	1.5	0	75	710	700	250	75	2
84855	Chicken in a Creamy Mushroom Sauce	●	●	●	●	●	300	260	28	27	4	3	7	1.5	0.1	90	420	650	300	40	1
84856	Chicken Pasta Florentine	●	●			●	325	350	25	40	5	7	11	6	0.3	55	500	650	400	300	2.25
84857	Chicken Thigh in Creamy Tomato Sauce	●	●	●	●	●	300	310	25	22	4	7	14	3.5	0.1	80	350	750	350	125	2.25

Pork

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84111	Scrambled Eggs and Sausages	●	●			●	321	500	24	41	6	9	28	9	0.2	370	740	700	400	100	4
84564	Boneless Pork Rib Cutlet in Barbecue Sauce		●	●		●	335	360	18	38	5	14	16	5	0.1	55	850	500	75	50	2.25
84619	Hash Brown Breakfast	●	●			●	300	490	21	45	7	10	27	10	0.2	180	920	650	300	175	3
84627	Honeyed Ham		●	●		●	320	280	17	38	4	24	6	1	0	45	980	950	300	40	2
84655	Bangers and Mash		●			●	380	580	18	37	6	4	40	9	0.2	65	1230	650	100	50	3
84720	Cheddar Cheese Omelette and Sausages	●	●				301	430	21	20	3	5	30	11	0.3	300	900	700	350	200	2.25

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84737	Pork Loin with Apple Sauce		●	●	●	●	300	190	15	26	4	7	3.5	1	0	40	410	750	225	50	1.5
84768	Pork with Stuffing	●	●	●	●	●	365	260	22	32	5	7	5	1	0	60	460	850	300	75	2.25
84777	Western Omelette		●			●	300	310	13	31	4	4	15	5	0.2	230	660	550	200	150	2
84779	Baked Potato with Cheddar Bacon Sauce		●				150	200	8	20	2	4	9	5	0.2	25	440	480	200	150	0.5
84807	Rosemary Garlic Pork		●	●		●	375	250	16	30	5	4	8	3.5	0.2	50	740	700	225	50	1.75
84822	Pork Pot Roast with Root Vegetables		●	●		●	380	220	17	31	6	5	3.5	1	0	40	740	750	225	50	2.25
84839	Smokey Chorizo and Cheese Penne	●	●			●	372	550	20	49	5	9	32	12	0.4	55	970	550	250	250	1
84860	Pork with Ginger Garlic Sauce	●	●				320	300	26	34	2	4	7	6	0.1	60	850	550	300	40	1.25
84861	Pork Loin with Bacon Sauce		●	●	●	●	310	240	15	28	4	3	7	1.5	0	40	420	650	250	40	1.5
84865	Scalloped Potatoes with Glazed Ham	●		●			380	430	21	52	3	16	14	5	0	45	1780	1450	450	75	3.5

Fish

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84190	Mediterranean-Style Glazed Haddock		●	●	●	●	340	260	18	41	5	4	3	0.4	0	45	260	500	400	75	1.25
84570	Maple-Flavoured Glazed Salmon	●	●	●		●	305	290	23	37	4	9	6	1	0	55	500	750	350	50	1.5
84597	Salmon with Hollandaise Sauce	●	●	●		●	325	250	20	25	4	5	8	2.5	0.1	60	570	800	350	100	1.25
84688	Fish Florentine	●	●			●	345	310	25	26	5	8	12	6	0.3	60	530	1000	350	350	1.5
84747	Salmon in Seafood Cream Sauce	●	●	●	●	●	315	230	20	23	4	4	7	2	0.1	60	270	850	350	100	1.5
84780	Fish and Chips			●		●	358	530	15	67	7	5	23	2	0.1	20	680	750	400	50	2.5
84813	Tuna Pasta Casserole		●	●		●	300	270	14	43	5	5	9	3	0	20	620	350	150	100	1.25
84820	Creamy Salmon Rotini	●	●			●	348	390	23	46	4	11	15	7	0.3	50	750	550	400	225	2.5
84826	Cod with Garlic Butter Sauce		●			●	355	300	19	27	4	3	15	8	0.5	70	610	750	250	75	1.25
84837	Breaded Sole with Spinach and Tomato Sauce		●	●		●	320	330	13	44	5	5	12	1.5	0	20	690	600	75	100	3
84862	Parmesan Crusted Salmon	●		●		●	335	410	23	57	5	4	10	2	0	35	700	600	100	100	2.25
84866	Salmon Teriyaki	●	●	●			325	260	20	32	2	13	5	0.7	0	50	700	600	325	60	1.5

Vegetarian and Cheese

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding						Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84628	Omelette with Hollandaise Sauce		●				●	290	370	17	27	2	6	21	9	0.4	280	980	500	350	250	2
84656	Cheese Manicotti		●				●	350	340	17	36	6	6	14	8	0.4	60	730	500	400	300	2
84723	Macaroni and Cheese	●	●				●	320	410	20	47	6	11	16	10	0.5	40	680	450	400	450	2.5
84739	Cauliflower and Broccoli Cheese Casserole		●				●	350	360	18	34	7	9	20	10	0.5	45	800	700	400	450	1.25
84741	Baked Potato with Cheddar and Broccoli Sauce		●				●	140	160	7	18	3	3	7	4	0.2	20	290	410	175	200	0.5
84787	Scrambled Eggs with Mixed Vegetables		●	●	●		●	300	320	17	22	3	5	19	4	0.1	400	380	600	350	100	2.5
84821	Mushroom Leek Potato Bake		●		●		●	360	390	19	44	9	9	19	8	0.4	30	460	1000	400	300	2.5
84828	Crustless Vegetable Quiche		●	●			●	300	280	12	34	6	5	12	4	0.2	195	470	600	100	150	2.25
84838	Barley and Broccoli Risotto	●					●	380	410	20	55	10	10	16	8	0.4	40	760	700	450	450	2.25
84841	Vegetarian Shepherd's Pie			●			●	405	270	18	52	10	8	4	0.4	0	0	830	1200	300	125	4.5
84863	Vegetarian Bean Chili		●	●			●	350	230	10	41	7	6	4.5	0.5	0	0	670	600	150	125	2.5
84864	Vegetarian Cassoulet		●	●			●	345	230	8	40	8	4	6	0.5	0	0	780	700	150	100	2

Breakfast

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding						Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84111	Scrambled Eggs and Sausages	●	●				●	321	500	24	41	6	9	28	9	0.2	370	740	700	400	100	4
84231	Blueberry Cake						●	40	100	2	15	1	1	5	0.5	0	20	170	20	N/A	20	0.5
84254	Blueberry Yogurt Muffin						●	90	310	4	47	2	26	13	2	0.1	40	460	150	NA	60	1
84255	Raisin Bran Muffin						●	90	280	5	54	5	34	8	1	0	5	320	0	NA	60	4.75
84260	Raisin Tea Biscuit (6-pack)						●	55g ea	180	4	23	1	6	8	2.5	0.1	10	240	60	110	150	1
84619	Hash Brown Breakfast	●	●				●	300	490	21	45	7	10	27	10	0.2	180	920	650	300	175	3
84628	Omelette with Hollandaise Sauce		●				●	290	370	17	27	2	6	21	9	0.4	280	980	500	350	250	2
84720	Cheddar Cheese Omelette and Sausages	●	●					301	430	21	20	3	5	30	11	0.3	300	900	700	350	200	2.25
84754	Brown Sugar and Raisin Oatmeal		●	●	●		●	200	250	8	42	2	29	6	3	0.1	15	70	400	250	200	1.25
84777	Western Omelette		●				●	300	310	13	31	4	4	15	5	0.2	230	660	550	200	150	2
84787	Scrambled Eggs with Mixed Vegetables		●	●	●		●	300	320	17	22	3	5	19	4	0.1	400	380	600	350	100	2.5
84825	Strawberries and Cream Oatmeal		●		●		●	200	190	7	30	2	16	9	4	0.2	20	70	290	225	150	1

Hearty

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding						Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84658	Hearty Sweet and Sour Chicken	●		●			●	500	430	28	66	5	26	6	1	0	65	1060	700	350	75	1.25
84666	Hearty Traditional Pot Roast	●	●	●			●	504	360	30	38	6	3	8	2	0.1	60	1380	1050	350	50	4
84669	Hearty Braised Beef	●	●	●			●	500	420	36	34	7	6	14	4	0.3	90	740	1250	350	100	5
84694	Hearty Beef Stew	●	●	●	●		●	500	420	34	41	7	5	14	4	0.3	80	670	1150	350	100	5
84742	Hearty Turkey Dinner	●	●	●			●	500	310	27	46	7	6	3.5	0.5	0	55	820	1450	400	75	2.5
84743	Hearty Chicken Pot Pie	●		●			●	525	430	24	55	8	8	19	7	0	65	1020	950	350	125	2.25
84744	Hearty Hunter's Chicken	●	●	●			●	500	290	29	36	7	4	4.5	0.5	0	70	890	1050	350	75	1.25
84802	Hearty Scrambled Eggs with Sausages	●					●	464	700	33	64	11	16	38	12	0.2	460	1100	1100	550	150	5.5
84805	Hearty Chicken à la King	●	●				●	505	290	26	38	7	5	10	5	0.2	80	920	1000	350	125	1.5
84816	Hearty Macaroni and Cheese	●					●	500	590	28	67	10	16	24	14	1	60	990	800	550	650	3.5
84833	Hearty Beef Stew Gratin	●		●			●	500	440	30	56	7	9	12	3.5	0	60	840	1250	400	125	4.5
84852	Hearty Pork with Stuffing	●	●	●			●	500	370	30	44	6	11	8	1.5	0	85	780	1150	400	100	3

Mini

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding						Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
84587	Mini Honey Garlic Chicken		●	●				200	200	14	34	1.5	11	2.5	0.5	0	30	520	300	150	30	0.5
84657	Mini Sweet and Sour Chicken		●	●				200	210	12	36	1.5	9	2.5	0.5	0	30	430	200	150	20	0.5
84667	Mini Traditional Pot Roast		●	●				223	150	12	17	3	2	3	1	0	20	560	440	150	30	2
84670	Mini Braised Beef		●	●	●			200	160	12	18	3	3	4.5	1.5	0.1	30	230	550	140	40	2
84681	Mini Spaghetti and Meatballs		●	●				207	220	10	27	3	4	8	3	0.3	15	520	260	140	30	2
84692	Mini Shepherd's Pie		●	●				220	200	12	20	2	1	8	2.5	0.3	30	320	430	125	20	1.25
84741	Baked Potato with Cheddar and Broccoli Sauce		●				●	140	160	7	18	3	3	7	4	0.2	20	290	410	175	200	0.5
84745	Mini Turkey Dinner		●	●			●	200	140	11	20	4	4	2	0.5	0	20	420	350	150	30	2
84766	Mini Macaroni with Meat Sauce		●					200	300	17	30	3	4	13	6	0.4	40	530	300	200	150	2.25
84779	Baked Potato with Cheddar Bacon Sauce		●					150	200	8	20	2	4	9	5	0.2	25	440	480	200	150	0.5
84781	Mini Macaroni and Cheese		●				●	200	330	16	36	3	6	14	8	0.4	35	530	280	300	350	1.5
84797	Mini Chicken Teriyaki		●	●				200	170	12	28	1.5	11	1.5	0.3	0	30	650	270	150	25	0.5
84799	Mini Baked Beans with Bacon		●				●	200	300	12	38	7	15	12	4	0.1	25	630	450	250	100	2
84815	Mini Vegetable Pasta Primavera		●	●				200	230	9	38	3	4	5	1	0	1	550	230	100	75	1

Soups

● ProteinAssist™ ● CarbControl™ ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding			Weight (g)	Calories	Nutritional Information per portion													
		●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)	
84036	Minestrone Soup	●		●	200	80	3	13	2	2	2	0.2	0	0	390	150	50	40	1	
84043	Split Pea and Ham Soup	●	●		200	130	6	19	4	2	4	0.5	0	0	530	350	100	20	1.25	
84044	Cream of Tomato Soup	●		●	200	90	4	11	2	6	7	3.5	0.1	20	450	300	100	100	0.5	
84045	Beef and Vegetable Soup	●			200	70	3	8	1	2	3.5	1	0.1	5	500	150	50	30	0.5	
84046	Cream of Potato and Leek Soup	●		●	200	90	2	16	1	2	5	2.5	0.1	10	440	350	50	30	0.5	
84047	Garden Vegetable Soup	●		●	200	70	2	9	1	1	2.5	0.2	0	0	120	450	25	20	0	
84049	Beef Barley Soup	●			200	80	3	9	2	2	3.5	0.5	0.1	5	500	150	50	30	0.5	
84050	Chicken Noodle Soup	●			200	110	6	12	0.5	1	4	1	0	20	530	150	50	20	0.5	
84051	Curried Squash and Apple Soup	●		●	200	80	2	15	1	4	2.5	0.3	0	0	430	250	25	30	1	
84052	Cream of Corn and Bacon Soup	●			200	120	4	13	1	2	8	2.5	0.1	5	470	200	75	30	0.5	
84056	Chicken and Rice Soup	●			200	90	5	10	0.5	1	3.5	0.5	0	15	480	125	50	20	0.25	
84057	Italian Wedding Soup	●			200	110	4	13	1	2	5	1.5	0.1	5	430	150	50	30	1	
84058	New England Clam Chowder	●			200	120	5	12	0.5	1	10	3.5	0.1	20	490	300	125	40	0.5	

Desserts

● No Added Sugar ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding			Weight (g)	Calories	Nutritional Information per portion													
		●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)	
84200	Carrot Cake			●	95	310	4	41	1	26	15	3.5	0.1	40	360	N/A	N/A	110	1.5	
84206	Butter Tart				90	360	4	55	2	26	16	6	0	45	200	N/A	N/A	40	1.5	
84208	Vanilla Ice Cream			●	63	110	1	10	0	10	6	3.5	0.2	20	35	N/A	N/A	40	0	
84209	Double Chocolate Ice Cream			●	63	110	1	17	1	9	4	2.5	0.2	20	45	N/A	N/A	20	0.5	
84212	Apple Crisp			●	95	140	2	20	2	9	6	3.5	0.1	15	35	N/A	N/A	0	0.5	
84226	New York Style Cheesecake	●		●	40	100	2	11	0	1	7	4	0.2	45	105	N/A	N/A	40	0.5	
84231	Blueberry Cake	●		●	40	100	2	15	1	1	5	0.5	0	20	170	20	N/A	20	0.5	
84234	Chocolate Mousse Cake	●			50	120	2	11	1	1	9	5	0.3	50	55	N/A	N/A	20	0.5	
84236	Strawberry Ice Cream			●	63	110	1	15	0	9	5	3.5	0.2	20	35	N/A	N/A	20	0	
84237	Orange Sorbet			●	63	70	0	18	0	14	0	0	0	0	0	N/A	N/A	0	0.5	
84241	Strawberry Shortcake			●	60	210	2	28	0	18	10	4	1.5	30	135	N/A	N/A	20	0.75	
84249	Butterscotch Swirl Ice Cream			●	63	110	1	10	0	10	6	3.5	0.2	20	35	N/A	N/A	20	0	

CODE	MEAL NAME	Dietary colour coding			Weight (g)	Calories	Nutritional Information per portion													
		●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)	
84254	Blueberry Yogurt Muffin			●	90	310	4	47	2	26	13	2	0.1	40	460	150	N/A	60	1	
84255	Raisin Bran Muffin		●	●	90	280	5	54	5	34	8	1	0	5	320	0	N/A	60	4.75	
84260	Raisin Tea Biscuit (6-pack)			●	55g ea	180	4	23	1	6	8	2.5	0.1	10	240	60	110	150	1	
84261	Black Forest Cake Cup			●	85	240	2	30	1	22	12	5	0.2	45	160	N/A	N/A	40	0.75	
84262	Chocolate Caramel Mousse Cup			●	85	290	3	35	1	26	16	9	0.3	40	190	N/A	N/A	40	1.5	
84263	Cherry Cheesecake Cup			●	85	260	2	34	1	27	13	6	0.2	30	140	N/A	N/A	40	0.5	
84264	Tiramisu Cake Cup			●	85	220	3	24	1	17	12	7	0.3	65	60	0	0	20	0.25	
84272	Lemon Tart				85	260	3	37	1	11	14	5	0	10	190	30	200	0	1	
84275	Raspberry Tart				85	280	3	36	1	13	13	5	0	10	160	75	10	25	1.75	

Pureed

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding						Weight (g)	Calories	Nutritional Information per portion											
		●	●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)
16001	Chicken à la King Puree	●	●	●		●	360	300	26	21	5	5	15	2.5	0	55	700	650	250	75	2.5
16002	Lasagna Puree		●	●		●	300	320	13	34	6	10	22	4.5	0.3	15	750	500	175	200	3
16003	Apple Braised Pork Puree	●	●	●		●	360	440	21	35	4	14	24	6	0.4	45	730	650	175	75	3.5
16004	Macaroni and Cheese Puree		●			●	410	490	19	48	6	7	31	12	0.7	50	840	600	300	400	2
16005	Shepherd's Pie Puree	●	●	●		●	460	450	25	29	7	8	27	4.5	0.5	35	920	600	200	75	5.5
16006	Turkey Dinner Puree	●	●	●			360	310	20	31	3	5	12	1.5	0.1	65	790	600	200	40	3
16007	Beef and Vegetable Casserole Puree	●	●	●		●	360	370	27	32	5	3	20	4.5	0.4	50	680	650	200	75	4.5
16009	Pot Roast Beef Puree	●	●	●		●	360	390	25	21	4	4	23	5	0.4	50	600	600	175	50	4
16011	Sweet and Sour Chicken Puree	●	●	●		●	360	290	23	31	5	9	9	1	0.1	40	720	550	225	45	2.5
16016	Meatloaf Puree	●	●	●		●	410	400	27	36	4	7	17	4.5	0.4	50	910	650	200	50	5.5
16017	Lemon Herb Fish Puree	●	●	●		●	410	410	23	42	5	7	19	5	0.3	50	1180	600	350	125	4.5
16018	Chicken Cacciatore Puree	●	●	●		●	360	260	23	25	6	7	9	0.5	0	40	950	600	225	50	3
16020	Spaghetti Bolognese Puree	●	●	●		●	360	370	20	30	5	7	19	3.5	0.3	30	770	500	150	75	4
16021	Turkey Casserole Puree	●	●	●		●	360	280	23	20	4	3	12	1.5	0.1	65	780	600	200	50	3.5
16023	Creamed Salmon Puree	●	●			●	360	370	25	25	4	5	21	6	0.2	50	810	800	300	200	4

Minced

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
17001	Beef Dinner	●	●	●		●	325	380	30	28	7	3	17	5	0.3	55	570	600	225	50	4.5
17002	Apple Braised Pork	●	●			●	340	430	22	39	6	15	21	7	0.1	55	620	750	175	75	3
17003	Ham			●		●	300	340	13	56	5	26	7	2.5	0.1	35	860	500	225	50	1.75
17004	Chicken à la King	●	●			●	335	240	20	28	7	6	10	4	0.2	65	660	750	300	100	0.75
17005	Turkey Dinner	●	●	●		●	300	270	24	21	6	2	10	1.5	0.1	75	850	550	225	50	3.5
17006	Pesto Chicken	●	●			●	320	250	20	30	7	8	10	4	0.2	60	650	700	300	125	1
17009	Pasta Primavera		●	●		●	315	310	17	50	12	7	7	1	0.1	30	850	700	175	125	5
17010	Beef Stew	●	●	●		●	320	340	20	25	7	4	18	5	0.4	60	560	700	200	75	2.5
17012	Honey Dijon Pork		●	●		●	315	390	14	42	7	19	18	5	0.1	40	640	600	150	75	1.75
17013	Vegetarian Stew		●	●		●	320	270	15	37	10	7	9	1	0.1	0	630	750	175	100	4
17014	Sweet and Sour Chicken	●	●	●	●	●	300	240	20	33	7	10	4	0.4	0	45	420	600	250	40	1.5

Thickened Soups

● ProteinAssist™ ● CarbControl™ ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding				Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
13053	Broccoli Soup		●			160	60	3	15	3	3	2	1	0.1	5	330	200	50	50	0.5
13054	Carrot Soup		●			160	100	2	12	3	5	5	2	0.1	10	330	200	50	50	0.5
13055	Cauliflower Soup		●			160	70	3	11	2	4	3	1.5	0.1	5	320	200	50	50	0.5
13056	Chicken Noodle Soup		●			160	50	4	9	2	2	1	0	0	10	370	125	50	20	0.25
13057	Mushroom Soup		●			160	110	4	12	2	5	5	2	0.1	10	330	200	100	100	0.5
13058	Tomato Beef Soup		●			160	80	4	11	1	1	1.5	0.5	0	15	460	125	50	10	0.75

Gluten-free, lactose-free, and controlled potassium and phosphorus

● ProteinAssist™ ● CarbControl™ ● Low Saturated Fat ● Low Sodium ● High Fibre ● Vegetarian

CODE	MEAL NAME	Dietary colour coding					Weight (g)	Calories	Nutritional Information per portion												
		●	●	●	●	●			Protein (g)	Carbs (g)	Fibre (g)	Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Potas (mg)	Phos (mg)	Calc (mg)	Iron (mg)
10012	Apple Braised Pork		●	●	●		300	320	17	49	2	5	7	1.5	0.2	40	250	450	225	50	1.5
10017	Beef and Vegetable Casserole		●	●	●	●	275	250	19	31	4	4	5	1	0	35	230	450	225	50	2.5
10018	Herbed Fish	●	●	●	●	●	278	290	22	42	4	4	3	0.4	0	35	190	550	300	50	1.5
10020	Hawaiian-Style Chicken		●	●	●	●	315	280	15	50	4	11	3	3.5	0	30	280	450	225	50	1
10021	Turkey with Gravy		●	●	●		270	220	17	35	2	3	2	0.5	0	35	330	450	175	50	1.5
10033	Chicken with Gravy	●	●	●	●		285	310	23	32	2	2	8	2	0	75	270	350	250	50	1.75
10054	Pot Roast Beef	●	●	●		●	255	260	21	31	4	4	4.5	1.5	0.1	40	420	450	250	30	3

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