

Community Meals on Wheels New Supplier LOU Services Menu 658-1888
The price for Frozen Meals is \$7.00 a meal and does not come with a dessert.
Frozen Meal orders are placed on Tuesday's between 9am-2pm. Minimum order of 7 meals.

BEEF:

Shepherd's Pie: Ground beef with gravy, corn, peas, and carrots topped with mash potatoes. Served with mixed vegetables

Pot Roast: Potato wedges with gravy and mixed vegetables

Salisbury Steak: Blend of pork and beef served with mashed potatoes, mashed carrot/turnip & peas

Spaghetti: Multi vegetable sauce with meat served with blueberry crisp

Meatballs: BBQ Meat Balls served on rice with potatoes wedges and corn

Meat Lasagna: Lasagna served with a brownie

Hamburger Stew: PEI grass feed beef, carrots, parsnips, turnips and potatoes with mixed vegetables on the side

Brown Beans: Baked beans, carrot & turnip and brown bread

Cabbage Rolls: Cabbage rolls made with brown rice served with cubed sweet potatoes

Beef Liver & Onions: Served on top of mash potatoes, with carrot/ turnip mash & peas

Mac, Meat & Cheese: Elbow noodles topped with a meat, tomato & cheese sauce, served with peas & corn on the side

Meatloaf: With mashed potatoes with tomato sauce and Broccoli & Cheese on the side

VEGETARIAN:

Mac & Cheese: Elbow noodles topped with a cheese sauce, served with peas & corn on the side

Vegetable Lasagna: Our 9 vegetables sauce with Spinach, cottage cheese, noodles topped with mozzarella cheese with a brownie

POULTRY:

Sweet Sour & Chicken: Sweet and Sour Chicken served on top of rice with peas and corn

Chicken Breast: Roasted chicken breast served with mashed potatoes with broccoli and cheddar cheese

Roasted Chicken: Roasted Chicken served with mash potatoes and mixed vegetable and gravy

Chicken Pot Pie: This Pie is filled with mixed vegetables in a gravy and apple crisp

Chicken Chunks: Lightly breaded chunks of chicken served with mash potatoes and mixed vegetables

Turkey Lasagna: Noodles, turkey, white sauce and cheese. Served with carrots & peas

Turkey with Stuffing: Turkey served with gravy on top of mash potatoes and dressing, carrots and peas on the side

PORK:

Sweet Sour & Pork: Sweet and Sour Pork served on top of rice with peas and corn.

Baked Ham: Baked Ham served with scalloped potatoes, peas and corn

Seasoned Pork Loin: Marinated Pork Loin served with dressing, mash carrots and turnip

BBQ Rib Style Pork Cutlet: BBQ Rib served on rice with corn and peas

Breaded Boneless Pork Chop: served with gravy on mashed potatoes & dressing, carrots and peas On the side

FISH:

Baked Haddock: Served with a cheese sauce with seasoned potato wedges and mixed vegetables

Salmon Dinner: Baked salmon with dill sauce, rice and mixed vegetables

Fish and Chips: Lightly battered white fish served with potato wedges and corn

Fish Cakes: Baked Fish cakes with corn meal served with sweet potato fries, creamed carrots and peas

Community Meals on Wheels Revised Apetito Menu 658-1888

The price for Frozen Meals is \$7.00 a meal and does not come with a dessert.

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BEEF:

Beef Stew: With squash and mashed potatoes

Chopped Swiss Steak: In tomato gravy with squash and mashed potatoes-

Ginger Beef: Beef cooked in ginger sauce with vegetable chow mein and broccoli

POULTRY:

General Tso's Chicken: Sweet & Sour boneless chicken with vegetable fried rice and green beans

Breaded Chicken Breast: On top of Caesar sauce on a red pepper rice pilaf with green & yellow beans and carrots

PORK:

Bangers and Mash: With mashed potatoes, gravy and peas

Tourtiere Meat Pie: Ground pork & beef topped with pastry, served with peas, mixed corn & bell peppers

Char SIU BBQ Pork: Barbecued pork loin with rice, sugar snap peas and mushrooms