

CHATS MEALS ON WHEELS FROZEN MEAL SERVICE

(PLEASE order by Monday at 12:00 noon for next week's delivery)

Name: _____

Date: _____

Tel.: **905-713-3373 EXT. 7021 OR 1-866-677-9048 EXT. 7021**

Route
(Agency use only)

(Published August 2025)

BEEF

- 10054 ___ Beef Pot Roast **GF LC LF LA**
- 12005 ___ Macaroni Meat & Cheese Casserole **LC**
- 12008 ___ Beef Stew **LC LF LS**
- 12023 ___ Beef Curry **LC LF H**
- 12026 ___ Spicy Beef Stew **LC LF H**
- 12046 ___ Chopped Swiss Steak **LC LF LS**
- 12062 ___ Meatloaf with Mushroom Gravy **LC LS**
- 12087 ___ Liver & Onions **LC**
- 12092 ___ Meat Lasagna **LC LF LS**
- 12108 ___ Shepherd's Pie **LC LF LS**
- 12111 ___ Spaghetti Bolognese **LC**
- 12118 ___ Steak & Mushroom Pie **LC**
- 12125 ___ Meatballs in Gravy **LC**
- 12130 ___ Beef Stroganoff **LC**
- 12146 ___ Meatballs & Peppers **LC**
- 12150 ___ Sliced Beef with Mushroom Gravy **LC LF**
- 12164 ___ Traditional Pot Roast **GF LC LF**
- 12178 ___ Asian-Style Beef **LC LF**
- 12185 ___ Meatloaf with Tomato Sauce **LC LS**
- 12199 ___ Salisbury Steak with Onion Gravy **LC**
- 12200 ___ Spanish rice with Beef **LC LS**

CHICKEN & TURKEY

- 12001 ___ Chicken à la King **LC**
- 12022 ___ Chicken Biryani **LC LF H**
- 12025 ___ Lemon & Herb Chicken Souvlaki **LC LFLSH**
- 12027 ___ Sweet Curry Chicken **LF H**
- 12032 ___ Country Chicken **LC LF**
- 12078 ___ Chicken Cacciatore **LC LF LS**
- 12090 ___ Roast Chicken Thigh **LC**
- 12094 ___ Lemon Chicken **LC LF LS**
- 12113 ___ Breaded Chicken Fingers **LC LF**
- 12114 ___ General Tso's Chicken **LC LF**
- 12116 ___ Chicken Stew **LC**

- 12124 ___ Chicken Breast with Broccoli & Cheddar Sauce **LC**
- 12127 ___ Turkey Chili **LC LF LS**
- 12135 ___ Chicken Pot Pie **LC**
- 12139 ___ Sweet & Sour Chicken **LC LF**
- 12141 ___ Chicken Breast with Bacon Cheddar Sauce **GF LC**
- 12142 ___ Chicken with Mushroom Gravy **LC LF LS**
- 12148 ___ Chicken with Honey BBQ Sauce **LC LF LS**
- 12168 ___ Turkey with Stuffing **LC LF**
- 12175 ___ Chicken with Tangy BBQ Sauce **LC LF LS**
- 12180 ___ Chicken Pasta Rosé **LC LF**
- 12187 ___ Honey Apple Glazed Chicken **LC LF**
- 12192 ___ Butter Chicken **LC H**
- 12201 ___ Chicken Teriyaki **LC LF**

PORK

- 12020 ___ Pork with Stuffing **LC LF LS**
- 12089 ___ Rib-style Pork Cutlet in Barbecue Sauce **LC LF**
- 12115 ___ Baked Ham **LC LF**
- 12138 ___ Bangers & Mash **LC LF**
- 12143 ___ Seasoned Pork Loin **LC LF**
- 12173 ___ Apple Braised Pork **LC LF**
- 12181 ___ Sweet & Sour Pork **LC LF LS**

FISH

- 12003 ___ Fish Florentine **LC**
- 12013 ___ Fish & Country Style Potatoes **LC LF LS**
- 12018 ___ Tuna Pasta Casserole **LC LF LS**
- 12063 ___ Salmon in Lemon Sauce **LC LF**
- 12119 ___ Asian-style Glazed Salmon **LC LF LS**
- 12134 ___ Fish Cakes **LF**
- 12167 ___ Lemon Herb Fish **GF LC LF LS**
- 12204 ___ Shrimp with Tomato Pepper Sauce **LC LF LS**

VEGETARIAN & CHEESE

- 10007 ___ Vegetarian Pasta Primavera **LC LF V**
- 10047 ___ Cheese Omelette **LC V**
- 10060 ___ Vegetarian Stew **LC LF V**
- 10062 ___ Vegetarian Chili **LC LF V**
- 10063 ___ Vegetarian Dhal **GF LC LF V VV H LA**
- 12021 ___ Vegetable Lasagna **LC V**
- 12079 ___ Macaroni & Cheese **V**
- 12131 ___ Chana Masala **LC LF V VV H**
- 12158 ___ Spaghetti with Tomato Sauce **LC LF V**
- 12176 ___ Scrambled Eggs & Home Fries **LC V**
- 12182 ___ Mexican Rice & Bean Casserole **LC LF V**
- 12203 ___ Sweet and Sour Tofu **LC LS V VV**
- 12206 ___ Cheese Perogies with Sour Cream Sauce **V**

SOUP

- 93007 ___ Beef Barley Soup **V**
- 93012 ___ Cream of Cauliflower Soup **LC V**
- 93022 ___ Turkey Rice Soup **V**
- 93023 ___ Cream of Tomato Soup **V**
- 93025 ___ Beef & Vegetable Soup **V**
- 93030 ___ Carrot Soup **V**
- 93032 ___ Cream of Mushroom Soup **V**
- 93033 ___ Split Pea & Ham Soup **V**
- 93036 ___ Cream of Potato & Leek Soup **V**
- 93039 ___ Broccoli Soup **V VV**
- 93051 ___ Chicken & Vegetable Soup **V**
- 93354 ___ Minestrone Soup **V**
- 93355 ___ Chicken Noodle Soup **V**
- 93356 ___ Country Vegetable Soup **V VV**
- 93063 ___ Squash Soup **V VV**

BREAKFAST

- 08009 ___ Raisin Bran Muffin **V**
- 08018 ___ Carrot Muffin **V**

- 94000 ___ Cream of Wheat with Milk & Sugar **V**
- 94001 ___ Oatmeal with Milk & Sugar **V**

DESSERT

- 08009 ___ Raisin Bran Muffin **V**
- 08018 ___ Carrot Muffin **V**
- 14008 ___ Butter Tart **V**
- 14015 ___ Cherry Cheesecake **V**
- 14016 ___ Fruit Cocktail **V VV**
- 14056 ___ Lemon Tart **V**
- 14077 ___ Pecan Tart **V**
- 14080 ___ Raspberry Tart **V**
- 14092 ___ Strawberry Shortcake **V**
- 14093 ___ Lemon Layer Cake **V**
- 14094 ___ Chocolate Fudge Cake **V**
- 14095 ___ Sticky Toffee Pudding **V**
- 14096 ___ Orange Layer Cake **V**
- 14102 ___ Banana Cake **V VV**
- 14103 ___ Carrot Loaf **V VV**
- 14104 ___ Apple Pie Square **V VV**
- 14105 ___ Brownie **V VV**
- 14106 ___ Apple Cake **V VV**
- 14107 ___ Blueberry Scones **V VV**

All items detailed in this brochure are subject to availability and may change periodically.

To order Special Diet, Puree, and Minced meals, please contact your local Community Meals agency for an order form.

GF Gluten-Free **V** Vegetarian
LC Low Calorie **VV** Vegan
LF Low Fat **H** Halal
LS Low Sodium **LA** Lactose-Free

