

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)

SPECIAL DIETS

Suitable for Gluten-Free, Lactose-Free, Low Sodium and Controlled Potassium & Phosphorus.

- 10012 ___ Apple Braised Pork **GF LF LS LC LA**
- 10017 ___ Beef & Vegetable Casserole **GF LF LS LC LA**
- 10018 ___ Herbed Fish **GF LF LS LC LA**
- 10020 ___ Hawaiian Chicken **GF LF LS LC LA**
- 10021 ___ Turkey with Gravy **GF LF LS LC LA**
- 10033 ___ Chicken with Gravy **GF LF LS LC LA**

MINCED

- 17001 ___ Minced Beef **LC**
- 17002 ___ Minced Apple Braised Pork **LC**
- 17003 ___ Minced Ham **LC**
- 17004 ___ Minced Chicken à la King **LC**
- 17005 ___ Minced Turkey **LC**
- 17006 ___ Minced Pesto Chicken **LC**
- 17009 ___ Minced Pasta Primavera **LGLF V**
- 17010 ___ Minced Beef Stew **LC**
- 17012 ___ Minced Honey Dijon Pork **LC**
- 17013 ___ Minced Vegetarian Stew **LGLF V**

PUREED

- 16001 ___ Chicken à la King Purée **LC**
- 16002 ___ Vegetable Lasagna Purée **LC V**
- 16003 ___ Apple Braised Pork Purée
- 16004 ___ Macaroni & Cheese Purée **LC V**
- 16005 ___ Shepherd's Pie Purée **LC**
- 16006 ___ Turkey Purée **LC**
- 16007 ___ Beef & Vegetable Casserole Purée **LC**
- 16009 ___ Beef Pot Roast Purée **LC**
- 16011 ___ Sweet & Sour Chicken Purée **LC LF**
- 16016 ___ Meatloaf Purée **LC**
- 16017 ___ Lemon Herb Fish Purée **LC**
- 16018 ___ Chicken Cacciatore Purée **LC**
- 16020 ___ Spaghetti Bolognese Purée **LC**
- 16021 ___ Turkey Casserole Purée **LC**
- 16023 ___ Creamed Salmon Purée **LC**

HALAL

- 10063 ___ Vegetarian Dhal **GF LC LF V VV H LA**
- 12022 ___ Chicken Biryani **LC LF H**
- 12023 ___ Beef Curry **LC LF H**
- 12025 ___ Lemon & Herb Chicken Souvlaki **LGLFLSH**
- 12026 ___ Spicy Beef Stew **LC LF H**
- 12027 ___ Sweet Curry Chicken **LF H**
- 12131 ___ Chana Masala **LC LF V VV H**
- 12192 ___ Butter Chicken **LC H**

THICKENED SOUP

- 13053 ___ Thickened Broccoli Soup **V**
- 13054 ___ Thickened Carrot Soup
- 13055 ___ Thickened Cauliflower Soup
- 13056 ___ Thickened Chicken Noodle Soup
- 13057 ___ Thickened Mushroom Soup
- 13058 ___ Thickened Tomato Beef Soup

GLUTEN-FREE

- 10054 ___ Beef Pot Roast **GF LF LC LA**
- 10063 ___ Vegetarian Dhal **GF LF VV LA**
- 12141 ___ Chicken Breast with Bacon Cheddar Sauce **GF**
- 12164 ___ Traditional Pot Roast **GF LF**
- 12167 ___ Lemon Herb Fish **GF LF LS**

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

