



**HEART TO HOME MEALS**  
DELICIOUS MEALS MADE FOR SENIORS™

**FALL/WINTER 25/26**

# My Menu

*Making life easier as you age*



# Nationwide presence. Local commitment.

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**Since 2015, Heart to Home Meals has been providing quality frozen meals to many local satisfied seniors.**

**We have had the pleasure of meeting, greeting and getting to know the many customers we proudly serve that we now consider friends.**



**To us, it's more than delivering quality frozen meals.**

It's about the privilege and joy of being a special part of the lives of so many seniors. Our team is here to provide not just delicious food, but also friendly smiles, meaningful chats, and the assurance that we're an active part of the local senior community.

## **FAVOURITE MEAL**

### **Hash Brown Breakfast**



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**Customer service is the cornerstone of our offering, each team member goes the extra mile to make the experience meaningful and valuable to our customers.**

*“Thank you to all our wonderful customers. We look forward to delivering you many more heartwarming meals and to making your life easier.”*

*Your local Heart to Home Meals Team*



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## 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:**  
**Chicken Breast with  
Gravy and Stuffing,**  
*page 23*



## 10 years and still cooking!

*Chef Tim and Chef Marc*

**This season marks a very special milestone for Heart to Home Meals: 10 years of cooking for you!**

Along the way, we've shared hundreds of meals – some tried and true and some brand new. Today, we remain just as passionate about bringing variety, comfort and flavour to your table.

This menu is no exception! Here are a few new dishes we can't wait for you to try:

### **Balsamic Glazed Chicken Breast - Page 23**

Tender grilled chicken is finished with a bold glaze made from wine, sugar, thyme, and balsamic vinegar—slow-reduced in stages for layers of flavour.

### **Spiced Orange Glazed Ham - Page 27**

You asked for more ham, and we listened! This slow-roasted dish is finished with a gently spiced citrus glaze for just the right mix of sweet and savoury.

### **Indian Spiced Tofu - Page 35**

This aromatic plant-based dish brings together garlic, ginger, paprika, turmeric and garam masala in a tomato sauce that warms body and soul.



### **Cheers to the next 10 years!**

Thank you for making the past 10 years so rewarding for us.

We're excited to keep cooking for you! Have a favourite meal, new or old? Let us know on social media.

**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 48**

### **Standard Meals**

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

### **Hearty Meals**

Increased portions satisfy larger appetites perfectly.  
(464-505g) **Page 44**





## Flavourful fuel for fall and winter.

*Andrea Olynyk, R.D.*

**I love this time of year. Snow-coated branches and the smell of something warm on the stove. Whether you embrace the cold like I do or impatiently count the days 'til spring, there's no denying the joy of comfort food on a chilly day.**

This season, I'm especially excited about the two new cozy breakfasts on the menu since

a nourishing morning meal can play an even bigger part in maintaining energy as we age. **Scrambled Eggs with Canadian Back Bacon** (page 42) packs a big punch of protein to start the day right, and the **Frittata with Roasted Red Pepper Sauce** (page 42) is an egg-white-only option with exquisite flavour (trust me—you won't miss the yolks!).

For dinner, I've found a new favourite. The **Cheddar Crusted Hake** (page 33) is a truly special must-try. Hake is a white fish rich in protein and omega-3s and a delicious change from the salmon I typically reach for twice a week.

### **Food for thought: Your top 10 questions answered.**

To celebrate our 10th anniversary, I've answered 10 of your top nutrition questions in my **Ask Andrea** column (page 38-39). I hope you'll enjoy reading it as much as I enjoyed reflecting on your thoughtful questions over the years.

### **Wishing you warmth, wellness and wonderful meals!**

*Of course, don't forget to consult with your dietitian to ensure your meal choices align with your personal nutritional needs.*

## ...and the nutrition is always right.

*Our classifications make it easy to choose the meals that best suit your diet.*

-  **ProteinAssist®** These items contain 20g or more protein per serving.
-  **Low Sodium** These meals contain 140mg or less of sodium per 100g.
-  **CarbControl®** These meals or soups contain 50g or less of carbohydrates per serving.
-  **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.
-  **Vegetarian** These items contain no meat. However, they may contain dairy such as milk, cheese and eggs.
-  **High Fibre** These items contain 4g of fibre or more per serving.

# Celebrating 10 Years of Serving Canadian Communities

## Reaching this milestone isn't just about time - it's about trust, resilience, and results.

This April marked the 10-year anniversary of Heart to Home Meals in Canada - a decade of delivering more than just delicious meals, but care, connection, and comfort to thousands of seniors nationwide.

From our humble beginnings in Brampton, Ontario, we've grown into a network of 21 proudly Canadian, locally owned franchised locations, serving communities from the harbourfronts of Halifax to the coastal charm of Victoria, BC.

Over the past decade, we've served over 150,000 unique customers and shared

countless heartwarming stories that reflect the deep bonds we've built.

We're proud of how far we've come, and we're only just getting started.

To our incredible customers - thank you. Your trust, loyalty, and stories have fueled our mission and inspired us every step of the way. Here's to the next decade of care, connection, and community.

## Your friends at Heart to Home Meals



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## Look for the QR codes throughout My Menu for interesting insights and information.

### How to use the QR codes

1. Point your camera at the code...



2. Click the link that appears when your camera scans the QR code...



3. Your device will automatically open to the corresponding information.





## Beef

10



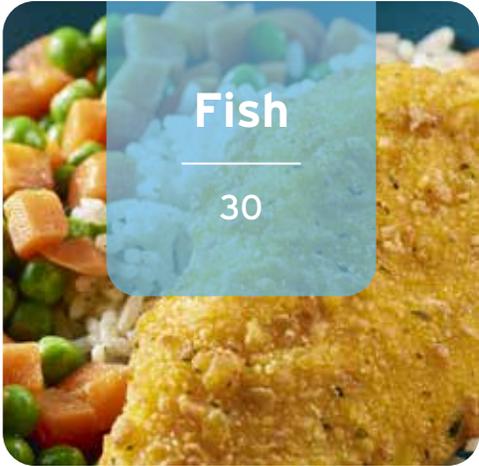
## Chicken & Turkey

18



## Pork

26



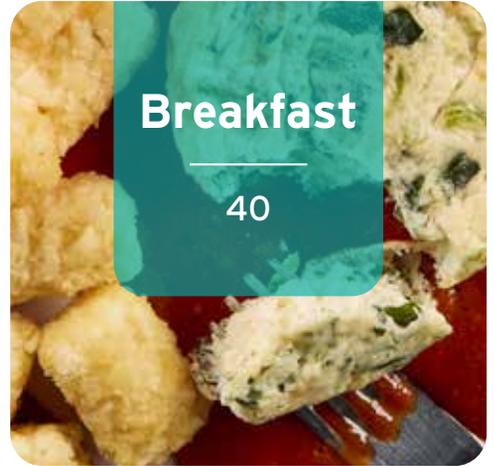
## Fish

30



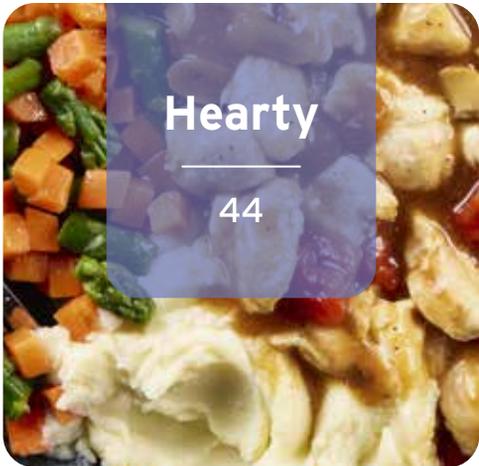
## Vegetarian & Cheese

34



## Breakfast

40



## Hearty

44



## Mini

48



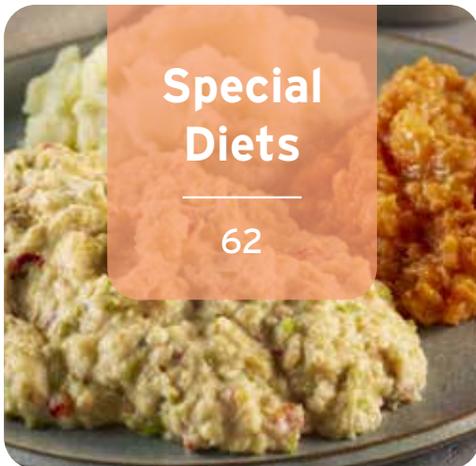
## Soups

52



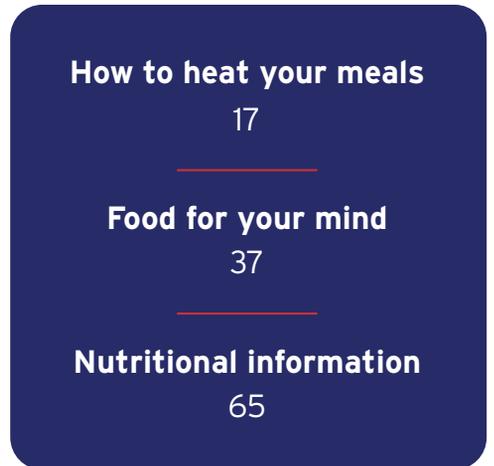
## Desserts

56



## Special Diets

62



### How to heat your meals

17

### Food for your mind

37

### Nutritional information

65



# Proud supporter of The Royal Canadian Legion's Poppy Fund.



At Heart to Home Meals, we hold a deep appreciation for our Veterans and recognize their unwavering commitment to our nation. That's why we proudly announce our re-commitment for The Royal Canadian Legion's Poppy Fund, which assists Veterans and their loved ones.

By recontributing to the Poppy Fund, we also express our gratitude and support for the vital work undertaken by the Legion in supporting Veterans and their loved ones.

Heart to Home Meals is registered with Medavie Blue Cross to provide services associated with VIP-Access to Nutrition. As a registered provider, we can submit claims for the delivery of meals to Veterans in receipt of VIP-Access to Nutrition directly to Medavie Blue Cross for payment.

Simply order by phone or through our website and check out using your Veterans Affairs number issued to you by Veterans Affairs Canada. We take care of the rest. There are no contracts, no subscriptions, no minimum order, and delivery is **FREE\***.

We only invoice you for the amount not covered by your maximum per-meal allowance. For information regarding your maximum coverage amount or to arrange your DVA Assessment, please contact VAC at 1-866-522-2122.

To learn more about the program, please call your local Heart to Home Meals franchise using the number on the back cover of this menu.

**We look forward to serving you.**



Heart to Home Meals is honoured to contribute \$10,000 to The Royal Canadian Legion's Poppy Fund.

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

# Ordering made easy.

*A simple process with easy options.*



## Choose your items.

- Over 200 delicious meals available.
- Each item has a unique 5-digit code for easy ordering.



## Place your order.

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



## Enjoy free delivery!\*

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



**Mark your favourites** next to each meal to make reordering easy.

## 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.



We Accept Veterans Affairs Allowances

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



## Beef

*“From tender roasts to slow-simmered stews, our beef menu offers a range of satisfying options. Many are inspired by recipes from my time cooking abroad, with a focus on quality ingredients and authentic flavours that make the most of every cut.”*

*Chef Marc*

**Beef Goulash,**  
page 12





### Cheddar Topped Shepherd's Pie

420g



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

84773

**\$12.00**



### Braised Beef

320g



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

84668

**\$12.80**



### Spanish Rice Pilaf with Beef

310g



Fluffy rice pilaf and tender ground beef in a Spanish spice blend, served with a side of mixed vegetables.

84886

**\$10.30**



### Sweet and Sour Meatballs

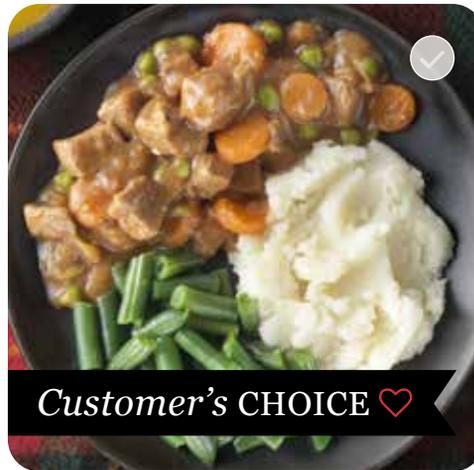
305g



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

84751

**\$11.45**



### Beef Stew

300g



Chunks of tender beef, peas, carrots and potato in a stew with mashed potatoes and green beans.

84693

**\$12.25**



### Salisbury Steak with Barbecue Sauce

325g



Salisbury steak topped with a spicy barbecue sauce. Paired with a side of diced sweet potatoes and a vegetable mix.

84870

**\$13.15**



**CHEF COLLECTION**

## *Steak and Mushroom Stew*

This old-world stew will take you back with melt-in-your-mouth chunks of braised chuck steak, slow-simmered in a savoury beef stock. Red-skin potatoes and a lively asparagus and carrot mix round out this satisfying meal.

330g

84792



**\$13.40**



### **Meatloaf in Tomato Sauce**

335g



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

84555

**\$12.90**



### **Beef Goulash**

310g



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

84759

**\$12.40**



### **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

**\$10.05**



*Beef*

Fall/Winter 25/26 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)



My Favourites



### Honey Garlic Meatballs

318g



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

84547

**\$12.25**



### 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

**\$12.15**



### Shepherd's Pie

370g



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

84689

**\$11.20**



### Traditional Pot Roast

335g



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

84665

**\$14.25**



### Spaghetti with Meat Sauce

325g



84677

**\$10.15**

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

classic



### Spaghetti and Meatballs

356g



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

84680

\$9.95



### Liver and Onions

330g



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

84868

\$11.80



### Southern Style BBQ Beef

370g



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

84849

\$12.75



### Beef Teriyaki

320g



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

84817

\$12.45



### Homestyle Meatloaf

360g



Mushroom gravy with a hint of red wine over meatloaf, served with mashed potato and mixed vegetables.

84649

\$13.50



Beef

Fall/Winter 25/26 HeartToHomeMeals.ca

My Favourites



**CHEF COLLECTION**

*Roast Beef  
with Diane Sauce*

Elevate your dining experience with tender slices of roast beef ladled in a French-influenced sauce prepared with a rich beef stock, Dijon mustard and velvety cream. Served with red-skin potatoes and delicate diced carrots.

305g

84859



**\$13.40**



**Beef Stroganoff**

320g



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

84696

**\$11.85**



**Swedish-Style  
Meatballs**

359g



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

84703

**\$11.80**



**Salisbury Steak with  
Onion Gravy**

345g



Salisbury steak topped with a richly flavoured onion gravy, served with mashed potatoes and an asparagus carrot blend.

84869

**\$13.10**



### Meatballs in Mushroom Sauce

364g ● ●

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

84850 **\$12.30**



### 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 **\$12.15**



*"It's nice to be able to just go to the freezer and know that supper is only a few minutes away. The only thing one has to do is decide what meal to eat.*

*Fabulous."*

**Lee**



### Macaroni, Meat and Cheese

345g ● ● ●

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

84676 **\$10.50**



### Meatloaf with Rich Onion Gravy

315g ● ● ● ● ●

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

84769 **\$13.25**



### Sweet and Savoury Korean Style Beef

310g ● ●

Thinly sliced beef tossed in a ginger garlic soy sauce, served over a bed of basmati rice with a vegetable mix.

84885 **\$13.30**



*Beef*

Fall/Winter 25/26 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

My Favourites

# How to heat your meals.\*



Microwave

## MEALS

4-12 minutes

## SOUPS

3-4 minutes

Slightly peel back film lid, stir, and cook for 1 additional minute.

## DESSERTS

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 OR AIR-FRYER**



# Chicken & Turkey

*“Chicken is familiar, comforting, and always had a place at my table. It’s something people know and love, which makes it the perfect canvas for creativity. When a dish shows up as often as chicken does, it deserves to be exciting.”*

*Chef Marc*

**Balsamic Glazed  
Chicken Breast,**  
page 23





### Savoury Mushroom Chicken Thigh

365g ● ● ● ●

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

**84854** **\$11.60**



### Chicken Fried Rice

360g ● ● ●

Juicy chicken breast, fluffy fried rice and a savoury stir fry sauce served, with a vegetable mix

**84887** **\$10.00**



### Turkey with Cranberry Orange Sauce

330g ● ● ●

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

**84629** **\$12.60**



### Chicken Pasta Florentine

325g ● ● ●

Tender diced chicken and pasta in a rich cheddar cheese and spinach sauce. Served with a medley of vegetables.

**84856** **\$10.50**



### Chicken Pot Pie

350g ● ●

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

**84673** **\$11.25**



### Chicken in a Creamy Mushroom Sauce

300g ● ● ● ● ●

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

**84855** **\$11.35**



### Chicken à la King

365g ● ●

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

84660 **\$10.95**



### Chicken Alfredo

320g ● ●

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

84731 **\$10.15**



### Honey Mustard Chicken

300g ● ● ● ● ●

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

84795 **\$10.90**

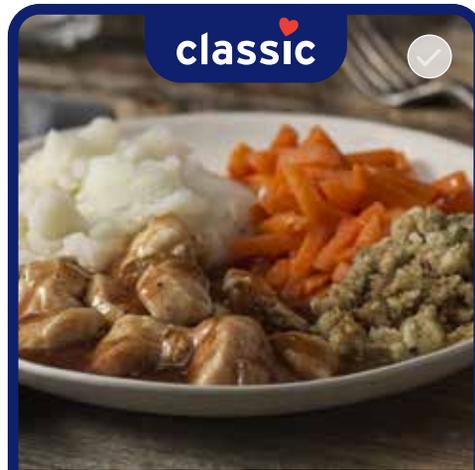


### Chicken Teriyaki

350g ● ● ●

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

84749 **\$11.00**



classic ♥

### Country Chicken

350g ● ● ● ●

Wholesome chicken breast chunks prepared in a delicious gravy with homestyle stuffing, mashed potatoes and carrots.

84661 **\$10.00**



### Sliced Turkey in Gravy

315g ● ● ●

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

84652 **\$11.15**



## Chicken & Turkey

Fall/Winter 25/26 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

My Favourites



**CHEF COLLECTION**

*Crispy Chicken with  
Roasted Red Pepper Sauce*

Transport yourself to a cozy trattoria with a golden chicken breast that comes alive in this chef-favourite sauce.

Crispy home fries, tender zucchini and sweet red peppers deliver an added burst of texture and flavour.

305g

84876



**\$11.20**



**Sesame Chicken**

310g



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

84847

**\$10.05**



**Hunter's Chicken**

340g



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

84724

**\$11.00**



**Honey Rosemary  
Chicken**

320g



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

84806

**\$10.90**

*Chicken & Turkey*

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





CHEF COLLECTION

### Chicken Piccata

Bring summer to your table with grilled chicken breast in a zesty lemon butter sauce enriched by a white wine reduction. Tender red-skin potatoes and a colourful vegetable medley round out this Italian favourite.

305g

84873



\$11.50



### Chicken and Vegetable Casserole

340g



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

84761

\$9.90



### Butter Chicken

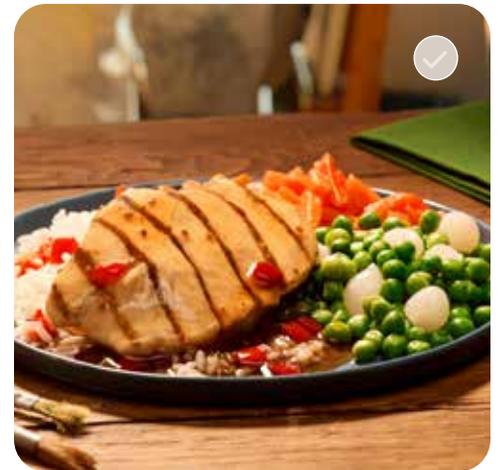
300g



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

84782

\$10.95



### 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

\$11.50



Chicken & Turkey

Fall/Winter 25/26 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

My Favourites



### Chicken Breast with Gravy and Stuffing

365g ● ● ●

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

84653 **\$11.85**



### Sweet and Sour Chicken

320g ●

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

84659 **\$9.85**



### Breaded Chicken Strips

295g ● ● ●

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

84172 **\$11.85**



### Chicken in Tangy Barbecue Sauce

350g ● ● ● ●

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

84808 **\$10.30**

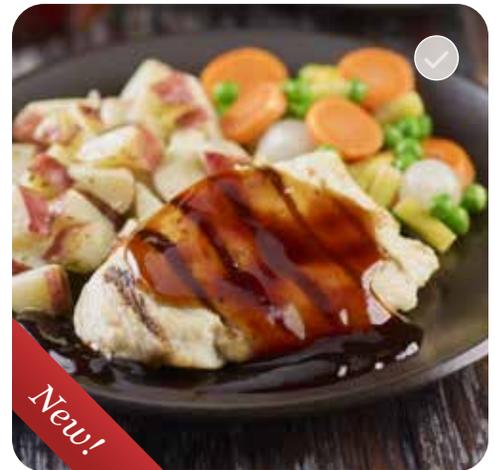


### Homestyle Turkey Chili

310g ● ● ● ●

A comforting spicy chili made with ground turkey simmered in a tomato and spice blend, served with vegetable rice.

84881 **\$10.25**



### Balsamic Glazed Chicken Breast

300g ● ● ● ● ●

Grilled chicken breast with a rich thyme-infused balsamic glaze, served with rosemary potatoes and mixed vegetables.

84899 **\$11.50**

New!



### Chicken Taco Bowl

300g

84902

● ● ●  
**\$11.95**

Mexican rice topped with seasoned chicken strips and cheddar, served with a delicious corn and vegetable mix.

## Tasty meals!



*“Really nice, tasty meals and so easy to get from frozen to on the table. If cooking is not your thing then this is a no brainer. I have always had my meals delivered on time with super friendly staff.”*

**Garth**



### Chicken Souvlaki

310g

84844

● ● ● ● ●

**\$11.05**

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



### Orange Chicken

340g

84772

●

**\$10.05**

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



### Chicken Thigh with Rich Onion Gravy

325g

84727

● ● ● ●

**\$11.35**

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



Chicken & Turkey

Fall/Winter 25/26 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

My Favourites



### Chicken Tikka Masala

340g



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

84829 **\$10.55**



### Chicken Thigh with Cranberry Apple Sauce

315g



A skinless, boneless chicken thigh in sweet and savoury cranberry apple sauce, served with diced potatoes and squash.

84888 **\$12.60**



Customer's CHOICE

### Traditional Turkey Dinner

360g



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

84651 **\$12.65**

## 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://facebook.com/HeartToHomeMealsCanada)



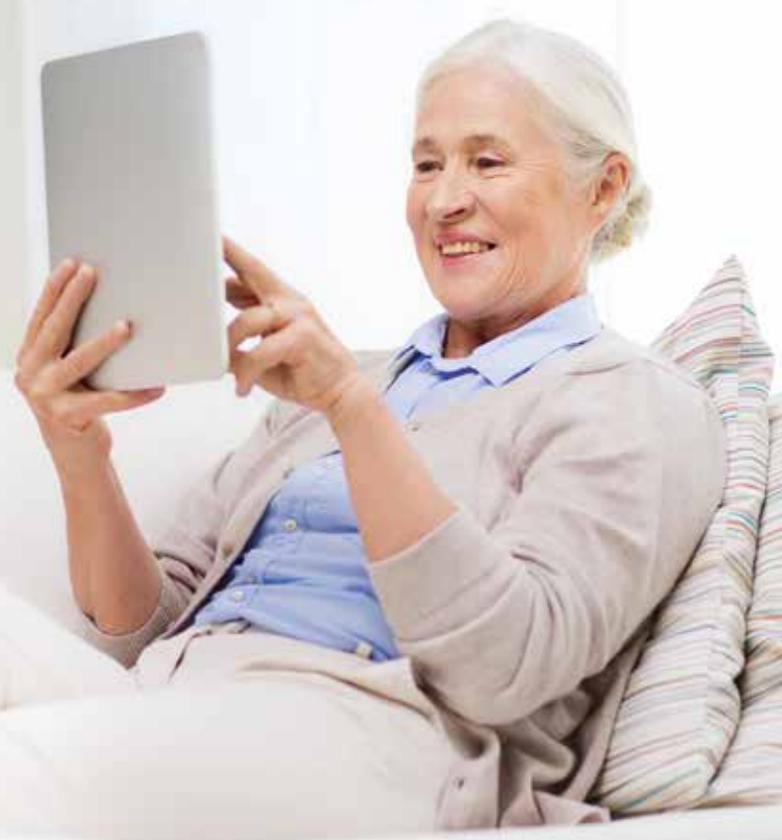
[youtube.com/HeartToHomeMealsCanada](https://youtube.com/HeartToHomeMealsCanada)



Visit our Blog and learn about senior nutrition and healthy living!  
[HeartToHomeMeals.ca/blog](https://HeartToHomeMeals.ca/blog)



Our website offers accessibility for an enhanced experience.



Chicken & Turkey

ProteinAssist® Carb Control® Low Saturated Fat Low Sodium High Fibre





# Pork

*“Pork is my go-to for versatility, it’s an incredible ingredient that fits any cuisine. Whether I’m leaning into French finesse, Italian comfort, or bold Mexican spice, pork always delivers flavour, flexibility, and just the right amount of indulgence.”*

*Chef Marc*

**Peroqies with  
Bacon Leek Sauce,  
page 28**





### Pork with Stuffing

365g



Roast pork in a rich gravy with an apricot and raisin stuffing, served with mashed potatoes and a blend of beans and carrots.

84768

**\$12.35**



### 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

**\$9.45**



### Spiced Orange Glazed Ham

300g



Sliced ham drizzled with a sweet and savoury spiced orange glaze, served with homestyle potatoes and peas.

84903

**\$11.50**



### Slow Cooked Minced Pork Pasta

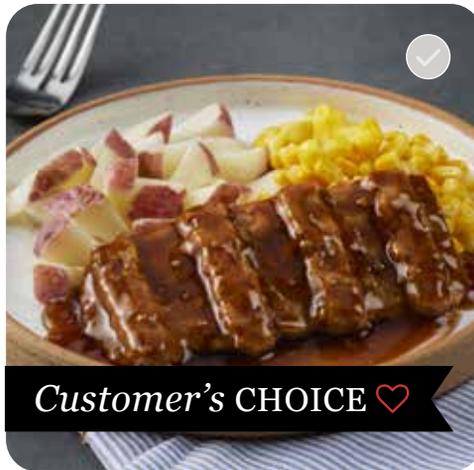
300g



A delicate braised minced pork stew is served over a bed of fusilli noodles, with a side of Italian-style vegetables.

84893

**\$10.35**



### Boneless Pork Rib with Honey Garlic Sauce

290g



A pork rib tossed in an asian-style sweet and sour sauce, served with sides of corn and red-skin potatoes.

84875

**\$11.85**



### Pork Ragout with Creamy Polenta

350g



Tender pork ragout over a rich and creamy polenta, served with a side of crinkle-cut zucchini.

84891

**\$10.30**



### 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

**\$10.80**



### Cheddar Cheese Omelette and Sausages

301g



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

84720

**\$11.20**



classic

### Bangers and Mash

380g



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

84655

**\$10.00**



### Perogies with Bacon Leek Sauce

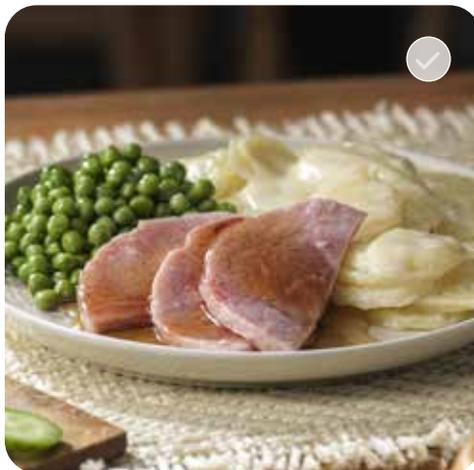
300g



Soft potato and three-cheese perogies topped with a creamy bacon and leek sauce, served with mini broccoli florets.

84901

**\$11.00**



### Scalloped Potatoes with Glazed Ham

380g



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

84865

**\$12.50**



### Scrambled Eggs and Sausages

321g



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

84111

**\$11.15**



Pork

Fall/Winter 25/26 HeartToHomeMeals.ca



My Favourites



**CHEF COLLECTION**

*Pork Roast with  
Paprika Mushroom Sauce*

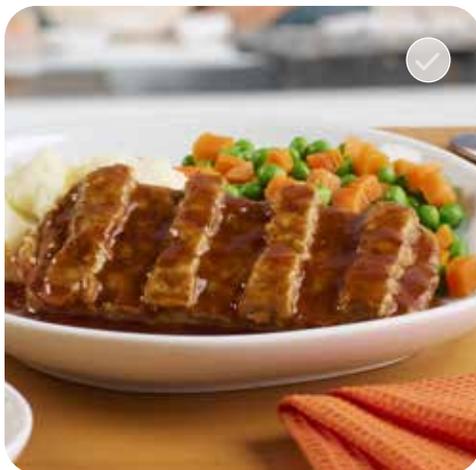
Revisit slow-cooked Sunday dinners with thinly-sliced pork loin, topped with a luxurious mushroom sauce and complemented by herbed potatoes and a delicious Italian-style vegetable blend.

310g

84895



**\$12.90**



**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

**\$11.60**



**Western Omelette**

300g



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

84777

**\$11.00**



**Pork Loin with  
Apple Sauce**

300g



Pork loin coated with a delicious apple sauce, paired with red-skin potatoes and mix vegetables.

84737

**\$11.35**



# Fish

*“For 16 years, I cooked steps away from the ocean working with the freshest fish and mastering a variety of techniques. Fish wasn’t just an ingredient; it was a way of life. That’s why our menu celebrates fish by bringing many distinctive global flavours to the plate.”*

*Chef Alex*

**Cheddar Crusted Hake, page 33**





### Fish and Country Style Potatoes

358g ● ●

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

84780 **\$12.40**



### Creamy Lemon Garlic Shrimp Pasta

320g ● ● ● ●

Flavourful shrimp tossed in a creamy lemon garlic sauce over fusilli pasta, served with an Italian vegetable blend.

84884 **\$12.65**



### 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 **\$12.30**



### Salmon Teriyaki

365g ● ● ●  
84866 **\$11.80**

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



### Cod with Garlic Butter Sauce

355g ● ●

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

84826 **\$13.25**



### Shrimp with Cajun Style Rice

340g



Juicy shrimp served over southern-style cajun rice, paired with an asparagus and pea blend.

84897

**\$12.55**



### Battered Haddock and Tots

300g



Battered haddock bites paired with golden tater tots, served with a blend of mixed vegetables.

84889

**\$11.90**



### Mediterranean-Style Glazed Haddock

340g



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

84190

**\$12.40**



**CHEF COLLECTION**

### *Parmesan Crusted Salmon*

Indulge in flaky salmon with a crispy breadcrumb and Parmesan crust, served atop herbed rice made from scratch with onions, chives, vegetable broth and parsley. Tender asparagus and carrots complete this restaurant-inspired experience.

335g



84862



**\$12.85**



*Fish*

Fall/Winter 25/26 HeartToHomeMeals.ca



My Favourites



**CHEF COLLECTION**

### *Haddock with Creamy Tomato Basil Sauce*

Delight in our center cut haddock loin, topped with tomato sauce that's finished with fresh basil and cream. Accompanied by red-skin potatoes, asparagus and carrots, this dish brings the freshness of the coast to your table.

285g

84883 ✓



**\$12.90**



### **Cheddar Crusted Hake**

253g



Tender hake fillet crusted with savoury cheddar cheese, served with dill rice, peas and carrots.

84907

**\$13.95**



### **Salmon with Hollandaise Sauce**

325g



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

84597

**\$12.85**



### **Tuna Pasta Casserole**

300g



Tuna, penne pasta and vegetables in a cheese sauce casserole paired with a side of mixed beans and carrots.

84813

**\$10.50**



## Vegetarian & Cheese

*“As a chef, I’ve learned variety keeps things exciting, especially with vegetarian dishes. I’ve spent years researching how to make them complete and full of flavour. Even a simple tomato pasta can shine with the right ingredients. It’s about being creative and making every bite count.”*

*Chef Mike*

**Tortellini Marinara,**  
page 36





*Customer's CHOICE* ❤️

### Mushroom Stroganoff

320g



Seasoned creamy mushroom stew, served on a bed of egg noodles with a side of green peas.

84890

**\$10.35**



### Vegetarian Cassoulet

345g



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

84864

**\$8.60**



### 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

**\$10.80**



### Indian-Style Chickpeas with Curried Rice

330g



Indian-inspired rice and chickpeas, turmeric, garam masala, coriander, and vegetables.

84898

**\$9.95**



### Crustless Vegetable Quiche

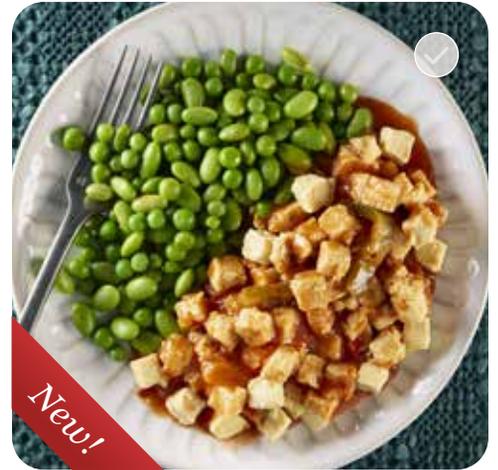
300g



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

84828

**\$12.25**



### Indian Spiced Tofu

300g



Tender tofu smothered in a vibrant tomato sauce with bold Indian spices, served with edamame and green peas.

84900

**\$9.50**

classic



### Macaroni and Cheese

320g



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

84723

\$9.10



### Tortellini Marinara

325g



Cheese Tortellini tossed in a vibrant marinara tomato sauce, served with a side of mixed vegetables.

84867

\$9.15



### Frittata with Roasted Red Pepper Sauce

255g



Spinach and ricotta quiche laid on top of roasted tomato and pepper sauce, served with tasty potato bites.

84906

\$11.50



CHEF COLLECTION

### Cheese Manicotti

Savour pasta filled with ricotta, Parmigiano, mozzarella, and Romano cheeses, finished with fresh tomato basil sauce made from small-batch California plum tomatoes. Enjoy with an accompaniment of bright Italian-style vegetables.

350g

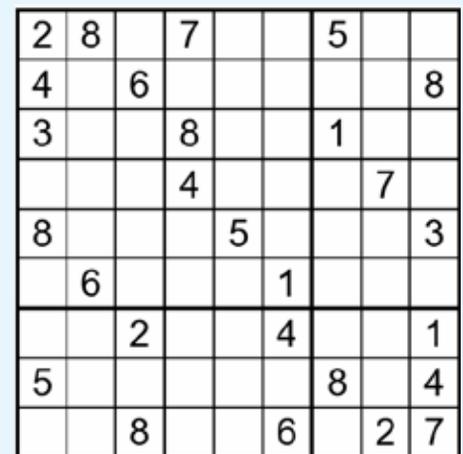
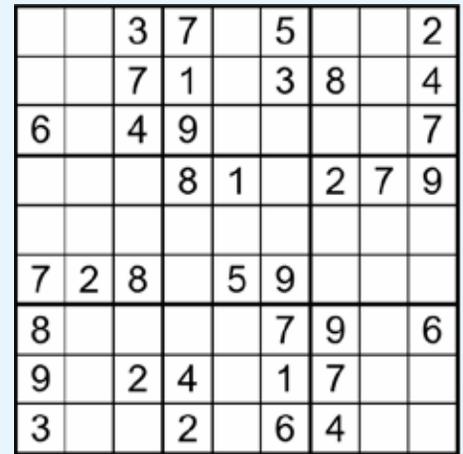
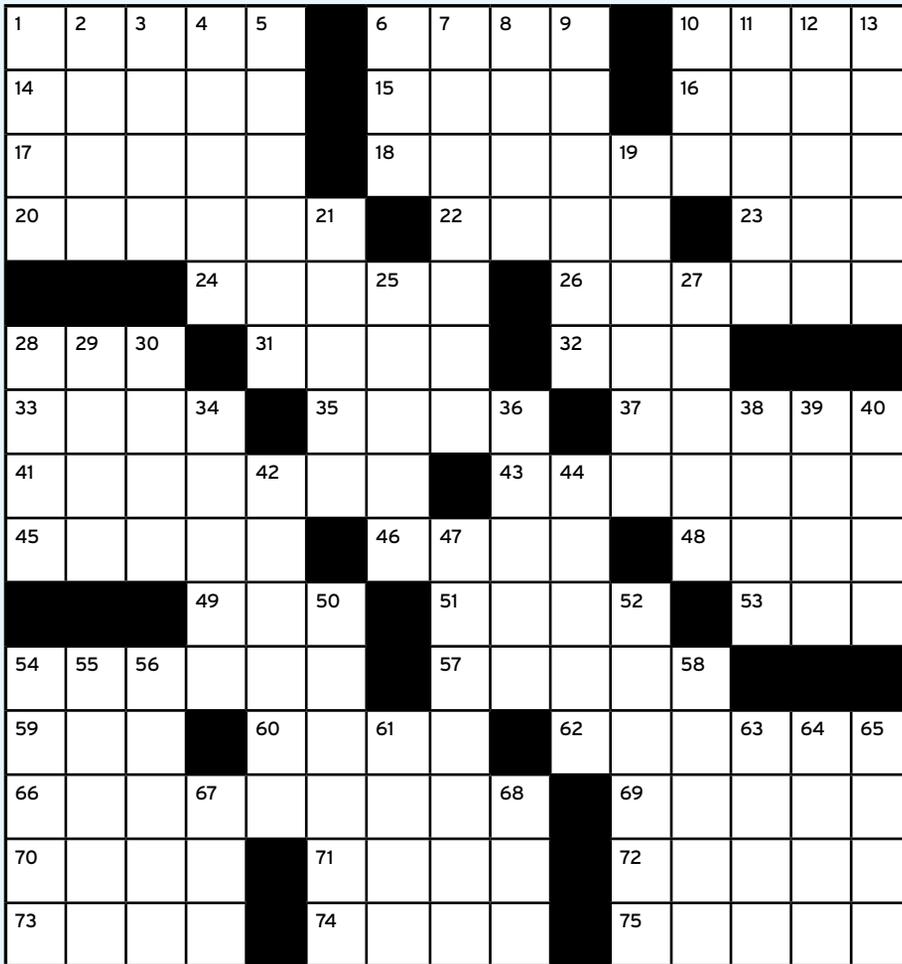


84656



\$11.55

# Food for your MIND



## ACROSS

1. Shore
6. Moistens
10. Pronounce indistinctly
14. First Greek letter
15. Oodles (2 wds.)
16. Whetstone
17. Clairvoyants
18. Recommendation
20. Evaluate
22. Heal
23. City railways
24. Bus station
26. Main course
28. Decompose
31. Canter
32. Paddle's kin
33. Corn units
35. Nail polish shades
37. Manly
41. More sharply inclined

43. Knitting rods
45. Essay topic
46. Comedian Sandler
48. English nobleman
49. Bug
51. Kids
53. Court
54. TV pooch
57. Baldwin and Guinness
59. One \_\_\_\_ time (2 wds.)
60. Warble
62. Not wholesale
66. Type of phone (hyph.)
69. Norwegian
70. Division word
71. At all times
72. Happening
73. Necessity
74. Overdue
75. Thrones

## DOWN

1. Spanish house
2. Bullring shouts
3. Tarzan's pals
4. Fragment
5. Loafer ornament
6. Military conflict
7. Chose
8. Bean curd
9. Music system
10. That lady
11. Hermit
12. \_\_\_\_ Sam
13. \_\_\_\_ Witherspoon of "Sweet Home Alabama"
19. Retitle
21. Mushroom "seed"
25. Soap \_\_\_\_
27. Commerce
28. Musical symbol
29. Pledge
30. Family chart
34. Large trucks

36. Garden pest
38. Talon
39. Courageous person
40. Norwegian port
42. Expire
44. Live coal
47. Police drama
50. Actor Harvey \_\_\_\_
52. Play parts
54. Caesar's language
55. Make up for
56. Fry lightly
58. Range
61. Flaring star
63. Site
64. Fails to exist
65. Rents
67. Atlantic fish
68. Before, to Keats

## E-mail:

Info@HeartToHomeMeals.ca  
for solutions to this issue's  
puzzles.

# Ask Andrea



Answering your dietary and nutrition questions.



## 10 Years, 10 Questions: A Heart to Home Meals Journey with Andrea

### 1. How much salt can I have per day?

**A.** Health Canada generally recommends that Canadian adults consume between 1200-1500 mg of sodium per day, and not exceed 2300 mg per day - equivalent to about one teaspoon of salt. Reducing sodium intake below 2300 mg lowers the risk of cardiovascular and other chronic diseases, however it's equally important to consume enough sodium to avoid muscle weakness, cognitive impairment, and nausea. It's important to speak with a healthcare professional to find your personal sweet spot in getting the right amount of sodium for you.

### 2. Do I need to be avoiding fats in my meals?

**A.** "Fats" often get a bad rep for being unhealthy, but not all fats are bad! Monounsaturated fats, such as those found in olive oil, boost heart health to reduce the risk of stroke. Omega-3 fats, found in eggs and fatty fish like salmon, are essential for proper brain function and anti-inflammation. Saturated and trans fats on the other hand are best avoided. Often used in processed foods, these fats can lower good cholesterol and raise bad cholesterol, increasing the risk for disease.

### 3. Should I be "counting carbs"? And how many do I need?

**A.** Carbohydrates are the primary energy source for the brain and the fuel that keeps our bodies active. When it comes to "counting carbs", the general recommendation is to aim for about 130-180g daily, although those with dietary restrictions as directed by their doctor may have a different number. It's best to spread carb intake out through the day to maintain blood sugar stability.

### 4. How much protein do I need per day?

**A.** Seniors need adequate protein to help repair and maintain muscle tissue and to aid in skin wound healing. Protein also helps to keep us fuller longer. The math usually equals out to 1 to 1.2g of protein for each kilogram of bodyweight, or a general guideline of at least 50-60g of protein per day.

### 5. I always hear I should be increasing my fibre intake. How do I do this?

**A.** Fibre helps promote healthy gut bacteria and offers support for heart health, blood sugar levels, bowel regularity and more, making it a game changer for senior health. Generally, women 50+ need 21g of fibre per day while men 50+ need 30g per day. While this may seem like a lot, including a variety of fibre-rich foods in your diet - such as whole grains, legumes, fruits, and vegetables - can make it easier to meet these recommendations.

## 6. Do I get enough vitamin D from being outdoors alone?

**A.** Vitamin D, known as the "sunshine vitamin," is critical for seniors. It aids in calcium absorption and promotes bone mineralization. Exposure to sunlight helps with vitamin D, as do fortified dairy products, eggs, and fatty fish. But the body's ability to produce vitamin D from sun exposure declines with age. While there are foods containing some vitamin D, Canada's dietary guidelines recommend that people over the age of 50 take a daily supplement to ensure they're not deficient.

## 7. How important is vitamin C for a senior?

**A.** Vitamin C plays a vital role in supporting our immune systems and protecting us against illnesses, with some studies suggesting that it helps shorten the duration and severity of the dreaded common cold (yes please)! Our bodies need it to maintain healthy blood vessels, gums, cartilage, and more, especially as we age. Found in citrus fruits, berries, cruciferous and root vegetables, you can help boost immune resilience by incorporating these colourful and nutrient-packed foods into your meals. Heart to Home Meals includes these vitamin C rich veggies in almost every single dish, ensuring each meal is a nutritional superstar.

## 8. Is Heart to Home Meals suitable for my specific diet type or individual diet restrictions?

**A.** Although Heart to Home Meals' diet codes provide a quick and easy way to understand what nutritional benefits a meal offers, it's important that recommendations be customized to specific individual dietary requirements. Always consult with your doctor or dietician for personalized advice tailored to your unique dietary needs, and to review which meals may be suitable for your specific diet. Empowering you to make informed

decisions, your My Menu features comprehensive nutritional information, and detailed ingredient lists are available on the website.

## 9. Do I have to be a senior to enjoy meals from Heart to Home Meals?

**A.** Absolutely not! Heart to Home Meals are designed to meet the nutritional needs of seniors, however their meals can be enjoyed by everyone of all ages!

## 10. Where can I learn more about senior nutrition?

**A.** You can learn more by scanning the QR code below and visiting [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca). You can also visit Heart to Home Meals' blog for more topics on senior wellness, nutrition, and aging in place.



**Watch Ask Andrea videos online!**

## ? Do you have a healthy eating question for me?

**E-mail it to:**

[askandrea@HeartToHomeMeals.ca](mailto: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.*



# Breakfast

*“Quality breakfasts matter. They fuel your day with the energy and nutrients you need. As the most important meal of the day, we’ve made sure it’s always exciting. From fluffy egg white frittatas to savoury Canadian back bacon and rich baked beans, there’s something here to suit every kind of morning appetite.”*

*Chef Mike*

**Frittata with Roasted Red Pepper Sauce, page 42, Scrambled Eggs with Canadian Back Bacon, page 42**





### Cheddar Cheese Omelette and Sausages

301g ● ●

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

84720 **\$11.20**



### Strawberries and Cream Oatmeal

200g ● ● ●

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

84825 **\$4.50**



### Western Omelette

300g ● ● ●

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

84777 **\$11.00**



### Scrambled Eggs and Sausages

321g ● ● ●

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

84111 **\$11.15**



### Brown Sugar and Raisin Oatmeal

200g ● ● ● ●

A creamy oatmeal made with brown sugar and sultana raisins.

84754 **\$4.50**



### Hash Brown Breakfast

300g ● ● ●

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

84619 **\$10.55**



**New!**

**Scrambled Eggs with Canadian Back Bacon**

250g ● ● ●

84904 **\$12.50**

Fluffy scrambled eggs on top of delicious Canadian back bacon, served with a side of hash brown potatoes.



**Raisin Bran Muffin**

90g ● ●

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

84255 **\$3.50**



**Blueberry Yogurt Muffin**

90g ●

**Blueberry Yogurt Muffin**

90g ●

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

84254 **\$3.55**



**New!**

**Frittata with Roasted Red Pepper Sauce**

255g ● ● ●

84906 **\$11.50**

Spinach and ricotta quiche laid on top of roasted tomato and pepper sauce, served with tasty potato bites.



### Blueberry Scones (4 pack)

75g each

Soft and doughy biscuits made with real blueberries.

84282      **\$11.40**



### Cheese Tea Biscuit (6 pack)

55g each

Soft and doughy biscuits made with real cheese.

84281      **\$10.90**



### Raisin Tea Biscuit (6 pack)

55g each

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

84260      **\$11.45**



## Mealtime. Made easy.

- FREE delivery\*
- No subscription
- Satisfaction guaranteed

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



# Hearty

*“As a chef, I know that appetite isn’t one-size-fits-all. That’s why we created our Hearty Meals. Bigger portions of your favourite dishes, made to truly satisfy. Thoughtfully developed with your feedback in mind, they bring more of what you love, in the way that makes the most sense, generous, flavourful, and comforting.”*

*Chef Mike*

**Hearty Hunter's  
Chicken, page 46,  
Cream of Potato  
& Leek Soup, page 54,  
Pecan Butter Tart,  
page 58**





### Hearty Beef Stew Gratin

500g



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

84833

**\$15.45**



### Hearty Sweet and Sour Chicken

500g



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

84658

**\$13.40**



### Hearty Chicken à la King

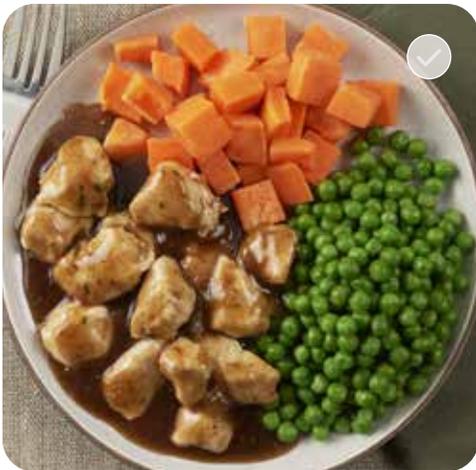
505g



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

84805

**\$13.25**



### Hearty Honey Rosemary Chicken

500g



A heartier serving of our diced chicken in a honey rosemary sauce served with a side of sweet potatoes and peas.

84877

**\$12.95**



### Hearty Pork with Stuffing

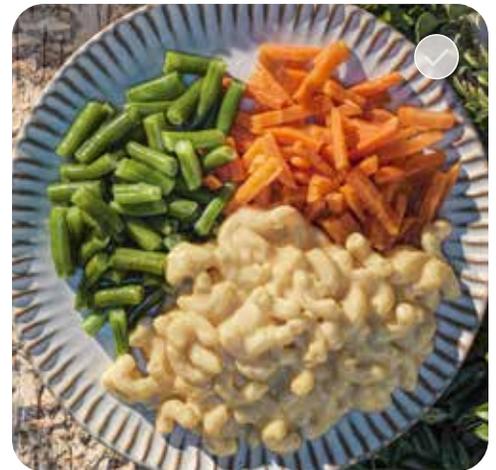
500g



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

84852

**\$14.60**



### 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

**\$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

**\$15.20**



### Hearty Chicken Teriyaki

500g



A hearty portion of chicken with authentic teriyaki sauce, served with a fluffy vegetable rice pilaf.

84871

**\$12.80**



### Hearty Turkey Dinner

500g



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

84742

**\$15.00**



### Hearty Hunter's Chicken

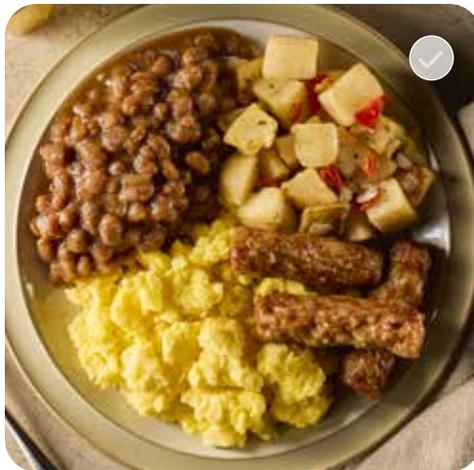
500g



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

84744

**\$13.20**



### Hearty Scrambled Eggs and Sausages

464g



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

84802

**\$14.55**



### Hearty Traditional Pot Roast

510g



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

84666

**\$15.70**

# *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

*“I know firsthand I don’t eat as much as I used to in my younger years. Sometimes Mini Meals are just the right size, whether I’m in the mood for something lighter or simply want to add a tasty biscuit or soup to a smaller main course.”*

*Chef Marc*

**Mini Turkey  
Dinner, page 51**





### Mini Braised Beef

200g

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

84670

**\$8.80**



### Mini Sweet and Sour Chicken

200g

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

84657

**\$7.80**



### Mini Macaroni with Meat Sauce

200g

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

84766

**\$7.90**



### Mini Macaroni and Cheese

200g

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

84781

**\$6.35**



### Mini Shepherd's Pie

220g

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

84692

**\$8.00**



### Mini Chicken Teriyaki

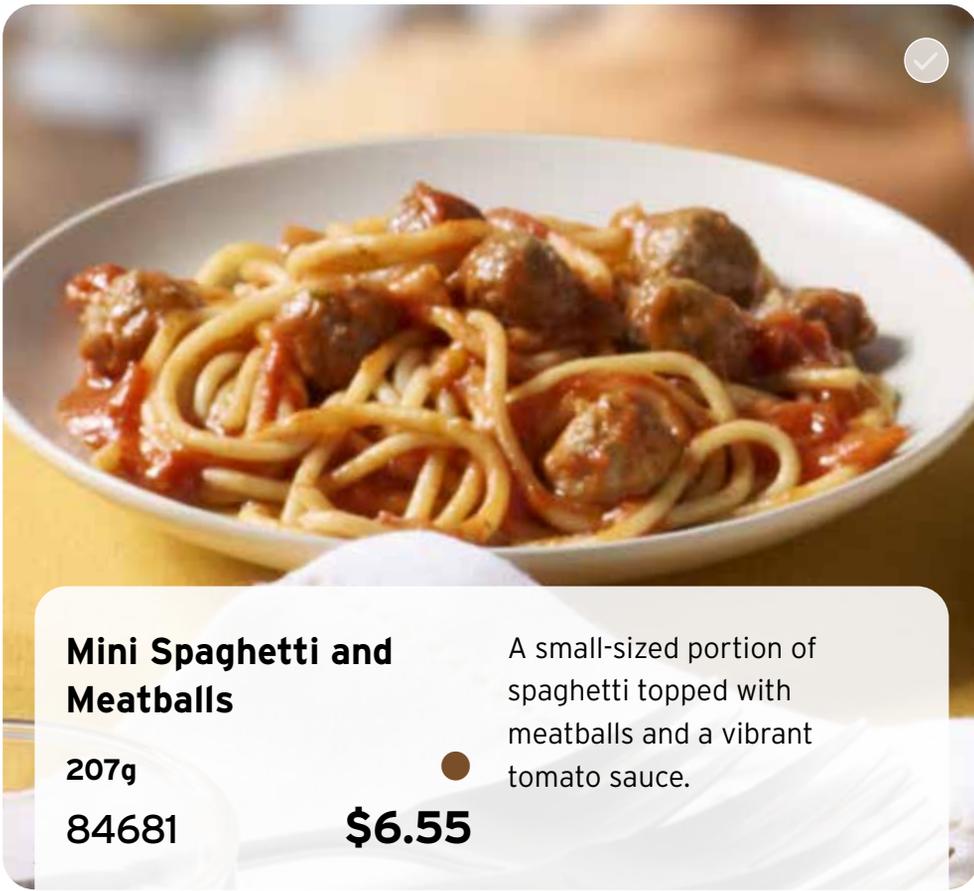
200g

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

84797

**\$7.75**

Mini



### Mini Spaghetti and Meatballs

207g

84681

\$6.55

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



### Mini Baked Beans with Bacon

200g

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

84799

\$7.75



### Mini Honey Garlic Chicken

200g

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

84587

\$8.20

## Satisfaction guaranteed!

We're so certain you'll love our meals that if you're ever not entirely satisfied with any item, tell your driver or give us a call and we'll replace it for free!



### 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

\$6.50



### Mini Traditional Pot Roast

225g



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

84667

**\$9.30**



### Mini Vegetable Pasta Primavera

200g



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

84815

**\$6.45**



### Mini Turkey Dinner

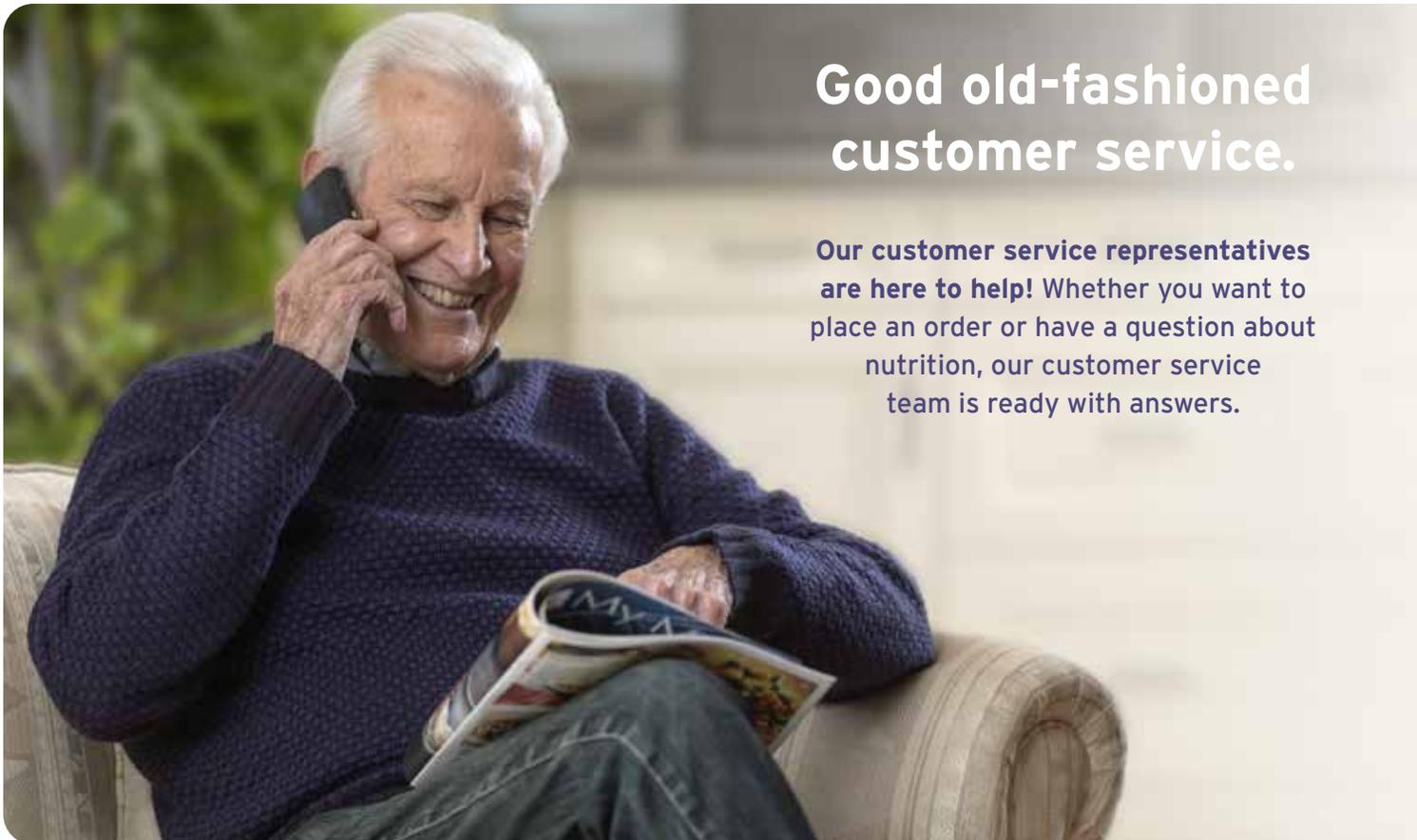
200g



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

84745

**\$8.30**



## Good old-fashioned customer service.

**Our customer service representatives are here to help!** Whether you want to place an order or have a question about nutrition, our customer service team is ready with answers.

Mini



## Soup

*“I’ve always taken pride in doing soup right. It should be rich, warming, and full of flavour – without relying on excessive salt. Whether you prefer traditional recipes or new twists, these bowls of comfort are perfect for a simple lunch or cozy complement to dinner.”*

*Chef Mike*

**Vegan Lentil  
Tomato Soup,**  
page 54, **Cream of  
Tomato,** page 55





### Carrot Ginger Soup

200g



A delightful blend of sweet carrots and zesty ginger create a comforting bowl, perfect for any season.

84064

**\$4.15**



### Italian Wedding Soup

200g

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

84057

**\$4.20**



### Cream of Corn and Bacon Soup

200g

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

84052

**\$4.35**



### Beef Barley Soup

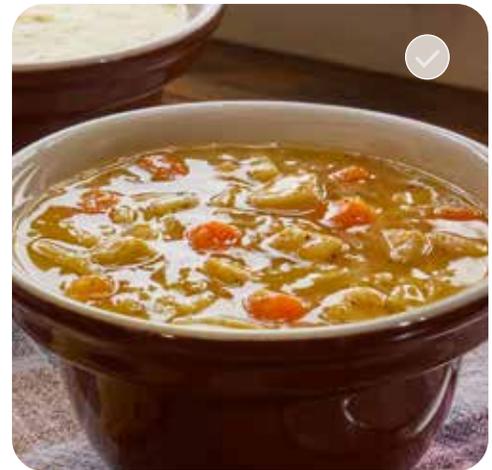
200g



Traditional and flavourful beef barley soup with chunky vegetables.

84049

**\$4.35**



### Chicken Noodle Soup

200g



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

84050

**\$4.40**



### Vegan Lentil Tomato Soup

200g



A satisfying blend of green lentils and ripe tomatoes, simmered with fragrant herbs for a rich, comforting taste.

84065

\$4.10



### New England Clam Chowder

200g

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

84058

\$4.40



### Minestrone Soup

200g



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

84036

\$4.15



### Beef and Vegetable Soup

200g



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

84045

\$4.25



### Cream of Potato and Leek Soup

200g

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

84046

\$4.50

A great range of meals



“A great range of meals, all tasty, good serving size.

Website is easy to order, straightforward, and simple. Friendly delivery. I might never cook again!”

Sally



### Chicken and Rice Soup

200g

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

84056

**\$4.20**



### Cream of Tomato Soup

200g

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

84044

**\$4.45**



### Garden Vegetable Soup

200g

A chunky selection of garden vegetables in a seasoned broth.

84047

**\$4.15**



**Give the gift of nutritious and delicious meals.**

Share nutrition and well-being with a gift card from Heart to Home Meals! Visit our website or or call the toll-free number on the back of this menu for more information on how to purchase.



*Soup*

● Low Saturated Fat ● High Fibre ● Vegetarian



## Dessert

*“There’s something special about ending a meal with a sweet treat, and our menu offers plenty to choose from. It takes me back to my childhood when my mom and I would bake 25 pies every Christmas so the 70 people we hosted could each enjoy their favourite!”*

*Chef Mike*

**Chocolate Caramel Mousse Cup, page 59, Tiramisu Cake Cup, page 57, Cherry Cheesecake Cup, page 59, Black Forest Cake Cup, page 57**





### Raisin Bran Muffin

90g

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

84255 **\$3.50**



### Tiramisu Cake Cup

85g

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

84264 **\$4.45**



### Strawberry Shortcake

60g

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

84241 **\$4.40**



### Black Forest Cake Cup

85g

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

84261 **\$4.50**



### Blueberry Yogurt Muffin

90g

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

84254 **\$3.55**



### Raspberry Tart

85g

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

84275 **\$4.30**

*Dessert*

High Fibre  Vegetarian



# Mmmm more to love!

You asked for more—  
and we're delighted  
to deliver!

Add a new shareable  
dessert pack to your  
order for a tasty treat  
that's perfect for enjoying  
with family and friends.



## Raisin Tea Biscuit (Pack of 6)

55g each

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

84260 **\$11.45**



## Cheese Tea Biscuit (Pack of 6)

55g each

Soft and doughy biscuits made  
with real cheese.

84281 **\$10.90**



## Pecan Butter Tart (Pack of 6)

85g each

Classic butter tart filling, baked  
in a flaky crust and topped with  
pecans.

84284 **\$14.25**



## Butter Tart

A rich and gooey  
butter tart.

Single (90g)

84206 **\$4.20**

Pack of 6 (85g each)

84283 **\$14.25**



*Dessert*

Fall/Winter 25/26 [HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

My Favourites



### Blueberry Scones (Pack of 4)

75g each

Soft and doughy biscuits made with real blueberries.

84282      **\$11.40**



### Double Chocolate and Chocolate Chip Cookies (Pack of 10)

35g each

Soft and chewy chocolate chip cookie on one half, with chocolate chips on the other half.

84280      **\$13.20**



### Chocolate Caramel Mousse Cup

85g

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

84262      **\$4.50**



### Lemon Tart

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

Single (85g)

84272      **\$4.20**

Pack of 6 (67g each)

84285      **\$14.25**



### Cherry Cheesecake Cup

85g

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

84263      **\$4.45**

*Dessert*

● High Fibre ● Vegetarian





### Double Chocolate Ice Cream

63g ●

Double chocolate sundae (gluten and peanut free).

84209 **\$1.50**



### Butterscotch Swirl Ice Cream

63g ●

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

84249 **\$1.50**

# Chill out

Yes, we can bring an ice cream parlour to your door!

Serve up smiles all around with 5 delicious flavours to choose from.



### Vanilla Ice Cream

63g ●

Vanilla sundae (gluten and peanut free).

84208 **\$1.50**



### Strawberry Ice Cream

63g ●

Strawberry sundae (gluten and peanut free).

84236 **\$1.50**



### Orange Sorbet

63g ●

Orange flavoured sorbet (gluten and peanut free).

84237 **\$1.50**



## Dessert

# 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.





## Special Diet

*“Following a special diet shouldn’t mean giving up satisfying meals. If you’re recovering from a hospital stay or managing a condition, our minced and pureed meals and thickened soups make it easy to eat well — with ingredients and flavours you’ll recognize.”*

*Chef Marc*

**Minced Chicken A La  
King, page 63**  
**Thickened Broccoli  
Soup, page 64**



## Pureed

\$10.80

### ☑ 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

### ☑ Vegetable 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 carrot puree

16003

### ☑ Pot Roast Beef

360g



with mashed potatoes and carrot puree

16009

### ☑ Spaghetti Bolognese

360g



with mashed potatoes and carrot 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 carrot 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

\$10.80

### ☑ 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)

\$10.80

☑ **Pasta Primavera**  
360g



with mashed potatoes and  
minced peas  
17009

☑ **Honey Dijon Pork**  
315g



with mashed potatoes and  
minced green beans  
17012

☑ **Beef Stew**  
310g



with mashed potatoes and  
minced carrots  
17010

☑ **Vegetarian Stew**  
320g



with mashed potatoes and  
minced peas  
17013

## Thickened Soup

\$4.55

☑ **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 and Lactose-Free

\$11.00

☑ **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**  
259g



with rice and peas  
10054

☑ **Turkey with Gravy**  
270g



with rice, green beans and squash  
10021

# 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® ● Carb Control® ● 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        | 450      | 20                                  | 41        | 4         | 7          | 23      | 9           | 1             | 50        | 1080        | 600        | 300       | 75        | 3         |
| 84555 | Meatloaf in Tomato Sauce       | ●                     | ● | ● | ● | ● | 335        | 310      | 22                                  | 33        | 6         | 8          | 12      | 4           | 0.3           | 45        | 420         | 950        | 100       | 125       | 3         |
| 84649 | Homestyle Meatloaf             | ●                     | ● | ● |   | ● | 360        | 330      | 23                                  | 31        | 6         | 5          | 13      | 4           | 0.3           | 45        | 550         | 750        | 75        | 125       | 3         |
| 84665 | Traditional Pot Roast          |                       | ● | ● |   | ● | 335        | 220      | 18                                  | 25        | 4         | 3          | 4.5     | 1           | 0.1           | 35        | 1070        | 650        | 250       | 40        | 2.25      |
| 84668 | Braised Beef                   | ●                     | ● | ● | ● | ● | 320        | 310      | 22                                  | 27        | 5         | 5          | 11      | 4           | 0.3           | 50        | 440         | 900        | 300       | 75        | 3         |
| 84676 | Macaroni, Meat and Cheese      | ●                     | ● |   |   | ● | 345        | 410      | 22                                  | 44        | 6         | 8          | 17      | 6           | 0.5           | 45        | 670         | 600        | 250       | 225       | 3         |
| 84677 | Spaghetti with Meat Sauce      |                       | ● | ● | ● | ● | 325        | 320      | 15                                  | 41        | 5         | 7          | 11      | 2.5         | 0.2           | 25        | 470         | 550        | 175       | 75        | 3         |
| 84678 | Cabbage Rolls                  |                       | ● | ● |   | ● | 325        | 280      | 11                                  | 43        | 4         | 6          | 8       | 3           | 0.3           | 25        | 600         | 400        | 125       | 75        | 2         |
| 84680 | Spaghetti and Meatballs        |                       | ● | ● |   | ● | 356        | 410      | 17                                  | 46        | 5         | 8          | 17      | 6           | 0.5           | 30        | 1110        | 500        | 225       | 75        | 3.5       |
| 84689 | Shepherd's Pie                 | ●                     | ● | ● | ● | ● | 370        | 330      | 20                                  | 35        | 7         | 7          | 13      | 4           | 0.4           | 40        | 500         | 750        | 225       | 50        | 3         |
| 84693 | Beef Stew                      |                       | ● | ● | ● | ● | 300        | 270      | 19                                  | 26        | 5         | 3          | 10      | 3.5         | 0.2           | 40        | 380         | 700        | 225       | 50        | 3         |
| 84696 | Beef Stroganoff                | ●                     | ● | ● | ● | ● | 320        | 350      | 24                                  | 35        | 5         | 6          | 13      | 3.5         | 0.2           | 65        | 370         | 600        | 300       | 75        | 4         |
| 84703 | Swedish-Style Meatballs        |                       | ● |   |   | ● | 359        | 410      | 18                                  | 31        | 6         | 4          | 24      | 11          | 1             | 55        | 1220        | 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      | 16                                  | 63        | 5         | 38         | 17      | 7           | 1             | 35        | 1360        | 650        | 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        | 340      | 23                                  | 35        | 5         | 6          | 15      | 4.5         | 0.3           | 45        | 390         | 650        | 100       | 100       | 3.5       |
| 84773 | Cheddar Topped Shepherd's Pie  | ●                     | ● |   |   | ● | 420        | 440      | 26                                  | 38        | 7         | 6          | 21      | 9           | 0.5           | 65        | 650         | 750        | 300       | 225       | 3         |
| 84792 | Steak and Mushroom Stew        | ●                     | ● | ● |   | ● | 330        | 290      | 23                                  | 24        | 4         | 5          | 12      | 4           | 0.3           | 50        | 570         | 1000       | 350       | 50        | 3         |
| 84817 | Beef Teriyaki                  | ●                     | ● | ● |   |   | 320        | 340      | 21                                  | 48        | 2         | 21         | 7       | 2           | 0.2           | 40        | 880         | 450        | 225       | 50        | 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) |
| 84849 | Southern-Style BBQ Beef             | ●                     | ● | ● |   | ● | 370        | 360      | 23                                  | 35        | 5         | 11         | 13      | 4.5         | 0.3           | 55        | 630         | 800        | 300       | 50        | 3         |
| 84850 | Meatballs in Mushroom Sauce         |                       | ● |   |   | ● | 364        | 420      | 17                                  | 35        | 4         | 5          | 23      | 8           | 1             | 45        | 1080        | 750        | 300       | 75        | 3         |
| 84858 | Asian-Style Beef and Broccoli       | ●                     | ● | ● |   |   | 320        | 290      | 22                                  | 34        | 3         | 4          | 9       | 2.5         | 0.2           | 40        | 640         | 450        | 250       | 50        | 2.5       |
| 84859 | Roast Beef with Diane Sauce         |                       | ● | ● |   | ● | 305        | 220      | 16                                  | 24        | 4         | 5          | 7       | 3           | 0.2           | 45        | 900         | 750        | 250       | 50        | 1.25      |
| 84868 | Liver and Onions                    | ●                     | ● | ● |   | ● | 330        | 280      | 22                                  | 27        | 5         | 5          | 10      | 2.5         | 0             | 50        | 630         | 750        | 400       | 50        | 3         |
| 84869 | Salisbury Steak with Onion Gravy    | ●                     | ● | ● |   | ● | 345        | 260      | 20                                  | 33        | 5         | 5          | 9       | 2.5         | 0.3           | 60        | 790         | 700        | 75        | 75        | 3         |
| 84870 | Salisbury Steak with BBQ Sauce      | ●                     | ● | ● |   | ● | 325        | 320      | 20                                  | 50        | 4         | 13         | 8       | 2.5         | 0.3           | 60        | 890         | 850        | 100       | 125       | 4         |
| 84885 | Sweet and Savoury Korean Style Beef |                       | ● | ● |   |   | 310        | 300      | 15                                  | 43        | 2         | 9          | 6       | 4           | 0.1           | 25        | 870         | 450        | 250       | 75        | 1.75      |
| 84886 | Spanish Rice Pilaf with Beef        |                       | ● | ● | ● | ● | 310        | 330      | 15                                  | 44        | 5         | 6          | 11      | 3           | 0.3           | 30        | 330         | 450        | 175       | 100       | 2.5       |

## Chicken & Turkey

● ProteinAssist® ● Carb Control® ● 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       |
| 84602 | Honey Garlic Chicken                   | ●                     |   | ● |   | ● | 385        | 360      | 31                                  | 51        | 6         | 20         | 3.5     | 1           | 0             | 85        | 840         | 650        | 350       | 50        | 2         |
| 84629 | Turkey with Cranberry Orange Sauce     |                       |   | ● | ● | ● | 330        | 320      | 18                                  | 52        | 4         | 25         | 4.5     | 0.5         | 0             | 25        | 350         | 950        | 250       | 40        | 1.25      |
| 84651 | Traditional Turkey Dinner              | ●                     | ● | ● |   | ● | 360        | 270      | 20                                  | 35        | 6         | 6          | 6       | 1           | 0             | 25        | 740         | 750        | 250       | 75        | 2.25      |
| 84652 | Sliced Turkey in Gravy                 |                       | ● | ● |   | ● | 315        | 180      | 18                                  | 23        | 5         | 3          | 2       | 0.4         | 0             | 25        | 520         | 700        | 225       | 50        | 1.25      |
| 84653 | Chicken Breast with Gravy and Stuffing | ●                     | ● | ● |   |   | 365        | 350      | 29                                  | 40        | 3         | 5          | 9       | 1.5         | 0             | 85        | 700         | 650        | 300       | 50        | 2         |
| 84659 | Sweet and Sour Chicken                 |                       |   | ● |   |   | 320        | 340      | 19                                  | 55        | 1         | 16         | 3.5     | 0.5         | 0             | 45        | 690         | 350        | 225       | 30        | 0.5       |
| 84660 | Chicken à la King                      |                       | ● |   |   | ● | 365        | 210      | 19                                  | 25        | 4         | 4          | 9       | 4.5         | 0.2           | 60        | 740         | 700        | 250       | 100       | 1         |
| 84661 | Country Chicken                        | ●                     | ● | ● |   | ● | 350        | 280      | 21                                  | 34        | 5         | 5          | 7       | 1           | 0             | 45        | 760         | 750        | 225       | 50        | 1.25      |
| 84673 | Chicken Pot Pie                        |                       | ● |   |   | ● | 350        | 310      | 8                                   | 44        | 6         | 6          | 15      | 5           | 0.2           | 15        | 620         | 550        | 150       | 100       | 2         |
| 84724 | Hunter's Chicken                       | ●                     | ● | ● |   | ● | 340        | 230      | 27                                  | 23        | 4         | 3          | 3.5     | 0.5         | 0             | 85        | 530         | 750        | 300       | 40        | 1.25      |
| 84727 | Chicken Thigh with Rich Onion Gravy    | ●                     | ● | ● |   | ● | 325        | 270      | 22                                  | 28        | 5         | 6          | 7       | 1.5         | 0             | 70        | 540         | 800        | 300       | 50        | 1.75      |
| 84731 | Chicken Alfredo                        | ●                     | ● |   |   |   | 320        | 330      | 20                                  | 37        | 3         | 9          | 14      | 7           | 0.3           | 50        | 610         | 450        | 350       | 200       | 1.75      |
| 84749 | Chicken Teriyaki                       | ●                     | ● | ● |   |   | 350        | 300      | 22                                  | 48        | 2         | 20         | 3       | 0.4         | 0             | 50        | 1180        | 500        | 250       | 40        | 0.75      |
| 84761 | Chicken and Vegetable Casserole        |                       | ● | ● | ● | ● | 340        | 220      | 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         |

| 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) |
| 84782 | Butter Chicken                               | ●                     | ● |   |   |   | 300        | 380      | 25                                  | 42        | 2         | 8          | 12      | 7           | 0.2           | 85        | 620         | 600        | 300       | 100       | 1.25      |
| 84795 | Honey Mustard Chicken                        | ●                     | ● | ● | ● | ● | 300        | 260      | 28                                  | 29        | 4         | 9          | 4.5     | 2           | 0.1           | 90        | 410         | 800        | 300       | 30        | 1.25      |
| 84806 | Honey Rosemary Chicken                       | ●                     | ● | ● |   | ● | 320        | 280      | 21                                  | 42        | 6         | 13         | 3.5     | 0.5         | 0             | 45        | 680         | 650        | 250       | 75        | 1.75      |
| 84808 | Chicken in Tangy Barbecue Sauce              | ●                     | ● | ● |   | ● | 350        | 270      | 22                                  | 41        | 5         | 17         | 1.5     | 0.3         | 0             | 45        | 690         | 750        | 250       | 50        | 1.75      |
| 84829 | Chicken Tikka Masala                         | ●                     | ● | ● | ● |   | 340        | 390      | 28                                  | 37        | 3         | 6          | 12      | 4           | 0.1           | 70        | 470         | 600        | 350       | 75        | 1.25      |
| 84844 | Chicken Souvlaki                             | ●                     | ● | ● | ● | ● | 310        | 260      | 27                                  | 41        | 4         | 5          | 1.5     | 0.4         | 0             | 65        | 210         | 650        | 300       | 75        | 1         |
| 84847 | Sesame Chicken                               | ●                     | ● | ● |   |   | 310        | 330      | 27                                  | 44        | 1         | 18         | 6       | 1.5         | 0             | 65        | 630         | 450        | 300       | 30        | 0.5       |
| 84854 | Savoury Mushroom Chicken Thigh               | ●                     | ● | ● |   | ● | 365        | 250      | 22                                  | 22        | 4         | 3          | 8       | 1.5         | 0             | 75        | 710         | 650        | 250       | 75        | 2         |
| 84855 | Chicken in a Creamy Mushroom Sauce           | ●                     | ● | ● | ● | ● | 300        | 260      | 27                                  | 27        | 4         | 4          | 6       | 1.5         | 0.1           | 85        | 420         | 650        | 300       | 40        | 1.25      |
| 84856 | Chicken Pasta Florentine                     | ●                     | ● |   |   | ● | 325        | 360      | 25                                  | 39        | 5         | 7          | 11      | 6           | 0.5           | 55        | 500         | 650        | 400       | 300       | 2.25      |
| 84873 | Chicken Piccata                              | ●                     | ● | ● |   |   | 305        | 260      | 26                                  | 21        | 3         | 3          | 8       | 2           | 0.1           | 85        | 550         | 800        | 300       | 30        | 1         |
| 84876 | Crispy Chicken with Roasted Red Pepper Sauce | ●                     | ● | ● |   |   | 305        | 330      | 22                                  | 37        | 3         | 4          | 13      | 2           | 0.1           | 30        | 640         | 650        | 300       | 50        | 1.75      |
| 84881 | Homestyle Turkey Chili                       | ●                     | ● | ● |   | ● | 310        | 310      | 23                                  | 37        | 6         | 4          | 8       | 1.5         | 0             | 80        | 480         | 650        | 300       | 75        | 3         |
| 84887 | Chicken Fried Rice                           | ●                     | ● | ● |   |   | 360        | 310      | 25                                  | 43        | 3         | 6          | 4.5     | 1.5         | 0             | 130       | 1060        | 600        | 250       | 75        | 1.75      |
| 84888 | Chicken Thigh with Cranberry Apple           | ●                     | ● | ● | ● |   | 315        | 360      | 20                                  | 48        | 3         | 18         | 9       | 1.5         | 0             | 65        | 180         | 600        | 250       | 40        | 2         |
| 84899 | Balsamic Glazed Chicken Breast               | ●                     | ● | ● | ● | ● | 300        | 320      | 27                                  | 37        | 4         | 17         | 6       | 1           | 0             | 85        | 190         | 800        | 400       | 20        | 0.75      |
| 84902 | Chicken Taco Bowl                            | ●                     | ● |   |   | ● | 300        | 330      | 22                                  | 38        | 5         | 5          | 11      | 5           | 0.3           | 60        | 540         | 700        | 350       | 200       | 1.75      |

## Pork

● ProteinAssist® ● Carb Control® ● 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           | 355       | 800         | 750        | 200       | 125       | 4         |
| 84564 | Boneless Pork Rib Cutlet in Barbecue Sauce |                       | ● | ● |   | ● | 335        | 360      | 18                                  | 37        | 5         | 14         | 16      | 5           | 0.1           | 55        | 840         | 500        | 100       | 50        | 2.25      |
| 84619 | Hash Brown Breakfast                       | ●                     | ● |   |   | ● | 300        | 490      | 20                                  | 45        | 7         | 10         | 27      | 10          | 0.2           | 175       | 950         | 700        | 200       | 175       | 3         |
| 84655 | Bangers and Mash                           |                       | ● |   |   | ● | 380        | 500      | 19                                  | 36        | 6         | 5          | 30      | 10          | 0             | 55        | 1210        | 750        | 100       | 50        | 3         |
| 84720 | Cheddar Cheese Omelette and Sausages       | ●                     | ● |   |   |   | 301        | 450      | 21                                  | 24        | 3         | 6          | 30      | 11          | 0.3           | 300       | 890         | 800        | 350       | 200       | 2         |
| 84737 | Pork Loin with Apple Sauce                 |                       | ● | ● |   | ● | 300        | 220      | 16                                  | 31        | 4         | 9          | 4       | 1           | 0             | 40        | 440         | 850        | 225       | 40        | 1.25      |
| 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      | 16                                  | 32        | 4         | 6          | 14      | 4           | 0.3           | 250       | 550         | 550        | 225       | 175       | 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) |
| 84822 | Pork Pot Roast with Root Vegetables       |                       | ● | ● |   | ● | 380        | 220      | 17                                  | 31        | 6         | 5          | 3.5     | 0.5         | 0             | 35        | 740         | 750        | 225       | 50        | 2.25      |
| 84860 | Pork with Ginger Garlic Sauce             | ●                     | ● |   |   |   | 320        | 300      | 26                                  | 34        | 2         | 4          | 7       | 6           | 0.1           | 60        | 860         | 550        | 300       | 40        | 1.25      |
| 84865 | Scalloped Potatoes with Glazed Ham        | ●                     |   | ● |   | ● | 380        | 440      | 22                                  | 53        | 5         | 16         | 15      | 5           | 0.2           | 65        | 1200        | 1050       | 550       | 75        | 2.25      |
| 84875 | Boneless Pork Rib with Honey Garlic Sauce |                       | ● | ● |   |   | 290        | 380      | 18                                  | 44        | 3         | 16         | 17      | 5           | 0.1           | 55        | 930         | 600        | 125       | 20        | 1.25      |
| 84891 | Pork Ragout with Creamy Polenta           | ●                     | ● | ● |   |   | 350        | 240      | 20                                  | 23        | 3         | 7          | 8       | 2           | 0             | 50        | 690         | 650        | 300       | 125       | 2         |
| 84893 | Slow Cooked Minced Pork Pasta             | ●                     | ● |   |   | ● | 300        | 440      | 22                                  | 36        | 4         | 5          | 22      | 7           | 0.1           | 60        | 710         | 650        | 225       | 50        | 3         |
| 84895 | Pork Roast with Paprika Mushroom Sauce    | ●                     | ● | ● | ● |   | 310        | 270      | 22                                  | 29        | 3         | 3          | 8       | 2           | 0.1           | 60        | 430         | 800        | 300       | 40        | 2         |
| 84901 | Perogies with Bacon Leek Sauce            |                       | ● | ● |   | ● | 300        | 330      | 12                                  | 48        | 4         | 4          | 11      | 3.5         | 0.1           | 15        | 750         | 550        | 100       | 75        | 3         |
| 84903 | Spiced Orange Glazed Ham                  | ●                     | ● | ● |   | ● | 300        | 280      | 21                                  | 38        | 5         | 13         | 4.5     | 1           | 0             | 45        | 970         | 1000       | 400       | 30        | 2.25      |

## Fish

● ProteinAssist® ● Carb Control® ● 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         | 5          | 3       | 0.4         | 0             | 45        | 260         | 500        | 400       | 75        | 1.25      |
| 84570 | Maple-Flavoured Glazed Salmon          | ●                     | ● | ● |   | ● | 305        | 290      | 23                                  | 37        | 4         | 8          | 5       | 1           | 0             | 55        | 500         | 700        | 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      |
| 84780 | Fish and Country Style Potatoes        |                       |   | ● |   | ● | 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           | 0.1           | 20        | 620         | 350        | 150       | 100       | 1.25      |
| 84826 | Cod with Garlic Butter Sauce           |                       | ● |   |   | ● | 355        | 300      | 19                                  | 27        | 4         | 3          | 15      | 8           | 0.5           | 70        | 610         | 800        | 250       | 75        | 1.25      |
| 84862 | Parmesan Crusted Salmon                | ●                     |   | ● |   | ● | 335        | 410      | 23                                  | 57        | 5         | 4          | 10      | 2           | 0             | 35        | 700         | 600        | 100       | 125       | 2.25      |
| 84866 | Salmon Teriyaki                        | ●                     | ● | ● |   |   | 365        | 310      | 21                                  | 43        | 3         | 13         | 5       | 0.5         | 0             | 50        | 710         | 600        | 350       | 75        | 1.5       |
| 84883 | Haddock with Creamy Tomato Basil Sauce |                       | ● | ● |   |   | 285        | 230      | 19                                  | 22        | 3         | 7          | 8       | 2           | 0.1           | 55        | 430         | 900        | 300       | 100       | 1         |
| 84884 | Creamy Lemon Garlic Shrimp Pasta       | ●                     | ● | ● |   | ● | 320        | 290      | 20                                  | 36        | 4         | 4          | 7       | 1.5         | 0.1           | 115       | 490         | 500        | 300       | 75        | 2.25      |
| 84889 | Battered Haddock and Tots              |                       | ● | ● |   |   | 300        | 390      | 13                                  | 48        | 2         | 5          | 18      | 2           | 0.1           | 25        | 780         | 600        | 300       | 50        | 2.25      |
| 84897 | Shrimp with Cajun Style Rice           | ●                     |   | ● |   | ● | 340        | 360      | 22                                  | 57        | 5         | 4          | 6       | 1           | 0             | 100       | 770         | 550        | 350       | 125       | 3         |
| 84907 | Cheddar Crusted Hake                   | ●                     | ● | ● |   |   | 253        | 330      | 20                                  | 45        | 3         | 4          | 8       | 1           | 0             | 50        | 580         | 400        | 300       | 75        | 1.25      |

## Vegetarian & Cheese

● ProteinAssist® ● Carb Control® ● 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) |      |
| 84656 | Cheese Manicotti                          |                       | ● |   |   |   | ● | ●          | 350      | 350                                 | 18        | 38        | 6          | 8       | 14          | 8             | 0.4       | 60          | 730        | 500       | 400       | 300       | 2    |
| 84723 | Macaroni and Cheese                       |                       | ● |   |   |   | ● | ●          | 320      | 410                                 | 18        | 48        | 6          | 10      | 16          | 8             | 0.4       | 35          | 610        | 400       | 300       | 350       | 2.25 |
| 84739 | Cauliflower and Broccoli Cheese Casserole |                       | ● |   |   |   | ● | ●          | 350      | 360                                 | 18        | 34        | 6          | 9       | 20          | 10            | 0.5       | 45          | 800        | 700       | 400       | 450       | 1.25 |
| 84828 | Crustless Vegetable Quiche                |                       | ● | ● |   |   | ● | ●          | 300      | 260                                 | 11        | 32        | 6          | 6       | 11          | 3             | 0.1       | 180         | 450        | 600       | 100       | 150       | 2.25 |
| 84864 | Vegetarian Cassoulet                      |                       | ● | ● |   |   | ● | ●          | 345      | 240                                 | 8         | 40        | 7          | 4       | 6           | 0.5           | 0         | 0           | 780        | 700       | 150       | 100       | 2.25 |
| 84867 | Tortellini Marinara                       |                       | ● | ● |   |   | ● | ●          | 325      | 290                                 | 11        | 50        | 5          | 9       | 6           | 1             | 0         | 5           | 630        | 500       | 200       | 100       | 3    |
| 84890 | Mushroom Stroganoff                       |                       | ● | ● | ● |   | ● | ●          | 320      | 370                                 | 13        | 41        | 7          | 9       | 9           | 2             | 0.1       | 35          | 430        | 650       | 225       | 100       | 3    |
| 84900 | Indian Spiced Tofu                        | ●                     | ● | ● | ● |   | ● | ●          | 300      | 280                                 | 25        | 17        | 6          | 6       | 13          | 2             | 0         | 0           | 270        | 550       | 250       | 150       | 4.5  |
| 84898 | Indian-Style Chickpeas with Curried Rice  | ●                     |   | ● | ● |   | ● | ●          | 330      | 370                                 | 20        | 56        | 10         | 8       | 9           | 3             | 0         | 0           | 390        | 800       | 300       | 125       | 5    |
| 84906 | Frittata with Roasted Red Pepper Sauce    |                       | ● | ● |   |   | ● | ●          | 255      | 260                                 | 11        | 27        | 3          | 4       | 13          | 2.5           | 0.2       | 15          | 880        | 550       | 100       | 150       | 0.75 |

## Breakfast

● ProteinAssist® ● Carb Control® ● 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       | 355         | 800        | 750       | 200       | 125       | 4    |
| 84254 | Blueberry Yogurt Muffin                |                       |   |   |   |   | ● |            | 90       | 310                                 | 4         | 47        | 2          | 26      | 13          | 2             | 0         | 40          | 460        | 150       | NA        | 50        | 1.25 |
| 84255 | Raisin Bran Muffin                     |                       |   |   |   |   | ● | ●          | 90       | 280                                 | 4         | 52        | 4          | 31      | 8           | 1             | 0         | 10          | 410        | 300       | NA        | 50        | 2    |
| 84260 | Raisin Tea Biscuit (6-pack)            |                       |   |   |   |   | ● | 55g ea     | 200      | 200                                 | 3         | 23        | 1          | 6       | 11          | 5             | 0         | 10          | 270        | 125       | N/A       | 125       | 1.25 |
| 84281 | Cheese Tea Biscuits (6-pack)           |                       |   |   |   |   |   | 55g ea     | 210      | 210                                 | 4         | 21        | 1          | 4       | 12          | 6             | 0.1       | 10          | 290        | 100       | N/A       | 150       | 1.25 |
| 84282 | Blueberry Scone (4-pack)               |                       |   |   |   |   |   | 75g ea     | 280      | 280                                 | 4         | 36        | 1          | 13      | 13          | 3.5           | 0.1       | 15          | 440        | N/A       | N/A       | 25        | 1.75 |
| 84619 | Hash Brown Breakfast                   | ●                     | ● |   |   |   | ● |            | 300      | 490                                 | 20        | 45        | 7          | 10      | 27          | 10            | 0.2       | 175         | 950        | 700       | 200       | 175       | 3    |
| 84720 | Cheddar Cheese Omelette and Sausages   | ●                     | ● |   |   |   |   |            | 301      | 450                                 | 21        | 24        | 3          | 6       | 30          | 11            | 0.3       | 300         | 890        | 800       | 350       | 200       | 2    |
| 84754 | Brown Sugar and Raisin Oatmeal         |                       | ● |   | ● |   | ● |            | 200      | 250                                 | 8         | 42        | 3          | 29      | 6           | 3             | 0.1       | 15          | 70         | 400       | 225       | 175       | 2    |
| 84777 | Western Omelette                       |                       | ● | ● |   |   | ● |            | 300      | 310                                 | 16        | 32        | 4          | 6       | 14          | 4             | 0.3       | 250         | 550        | 550       | 225       | 175       | 2.25 |
| 84825 | Strawberries and Cream Oatmeal         |                       | ● |   | ● |   | ● |            | 200      | 190                                 | 7         | 30        | 2          | 16      | 8           | 4.5           | 0.2       | 20          | 75         | 300       | 225       | 150       | 1    |
| 84904 | Scramble Eggs with Canadian Back Bacon | ●                     | ● | ● |   |   |   |            | 250      | 300                                 | 22        | 19        | 1          | 3       | 14          | 4.5           | 0.1       | 325         | 840        | 650       | 225       | 75        | 3    |
| 84906 | Frittata with Roasted Red Pepper Sauce |                       | ● | ● |   |   | ● | ●          | 255      | 260                                 | 11        | 27        | 3          | 4       | 13          | 2.5           | 0.2       | 15          | 880        | 550       | 100       | 150       | 0.75 |

## Hearty

● ProteinAssist® ● Carb Control® ● 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        | 440      | 29                                  | 66        | 4         | 26         | 6       | 1           | 0             | 65        | 1040        | 700        | 350       | 75        | 1.25      |
| 84666 | Hearty Traditional Pot Roast        | ●                     | ● | ● |   | ● | 510        | 330      | 26                                  | 39        | 6         | 4          | 7       | 1.5         | 0.1           | 50        | 1690        | 950        | 125       | 50        | 3         |
| 84694 | Hearty Beef Stew                    | ●                     | ● | ● | ● | ● | 500        | 500      | 33                                  | 40        | 7         | 5          | 23      | 7           | 0.5           | 80        | 670         | 1100       | 350       | 100       | 4.5       |
| 84742 | Hearty Turkey Dinner                | ●                     | ● | ● |   | ● | 500        | 320      | 29                                  | 45        | 8         | 6          | 3.5     | 0.5         | 0             | 40        | 840         | 1150       | 350       | 50        | 2.25      |
| 84744 | Hearty Hunter's Chicken             | ●                     | ● | ● |   | ● | 500        | 310      | 31                                  | 35        | 5         | 5          | 5       | 0.5         | 0             | 75        | 920         | 1150       | 400       | 75        | 1.5       |
| 84802 | Hearty Scrambled Eggs with Sausages | ●                     |   |   |   | ● | 464        | 720      | 34                                  | 62        | 10        | 16         | 40      | 13          | 0.2           | 460       | 1200        | 1100       | 300       | 175       | 5.5       |
| 84805 | Hearty Chicken à la King            | ●                     | ● |   |   | ● | 505        | 300      | 27                                  | 37        | 6         | 5          | 10      | 5           | 0.2           | 80        | 920         | 1050       | 350       | 125       | 1.25      |
| 84816 | Hearty Macaroni and Cheese          | ●                     |   |   |   | ● | 500        | 580      | 25                                  | 69        | 10        | 15         | 23      | 11          | 0.5           | 50        | 860         | 800        | 450       | 550       | 3         |
| 84833 | Hearty Beef Stew Gratin             | ●                     |   | ● | ● | ● | 500        | 480      | 28                                  | 56        | 9         | 12         | 17      | 6           | 0.4           | 60        | 660         | 1200       | 500       | 100       | 3.5       |
| 84852 | Hearty Pork with Stuffing           | ●                     | ● | ● |   | ● | 500        | 370      | 29                                  | 45        | 7         | 12         | 8       | 1.5         | 0             | 80        | 750         | 1150       | 400       | 100       | 3.5       |
| 84871 | Hearty Chicken Teriyaki             | ●                     |   | ● |   |   | 500        | 460      | 43                                  | 63        | 3         | 18         | 4       | 0.5         | 0             | 105       | 1180        | 800        | 500       | 50        | 1         |
| 84877 | Hearty Honey Rosemary Chicken       | ●                     |   | ● |   | ● | 500        | 440      | 37                                  | 60        | 8         | 21         | 6       | 1           | 0             | 85        | 1150        | 1000       | 450       | 100       | 2.5       |

## Mini

● Carb Control® ● Low Saturated Fat ● 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        | 210      | 14                                  | 34        | 1         | 11         | 2.5     | 0.5         | 0             | 30        | 520         | 300        | 175       | 20        | 0.5       |
| 84657 | Mini Sweet and Sour Chicken                  |                       | ● |   |   | 200        | 210      | 12                                  | 35        | 1         | 10         | 2.5     | 0.4         | 0             | 25        | 420         | 225        | 150       | 20        | 0.3       |
| 84667 | Mini Traditional Pot Roast                   |                       | ● | ● |   | 225        | 140      | 10                                  | 17        | 3         | 2          | 3       | 0.5         | 0             | 15        | 670         | 400        | 150       | 30        | 1.5       |
| 84670 | Mini Braised Beef                            |                       |   | ● |   | 200        | 190      | 12                                  | 20        | 3         | 3          | 6       | 2           | 0.1           | 25        | 220         | 650        | 175       | 40        | 1.5       |
| 84681 | Mini Spaghetti and Meatballs                 |                       |   | ● |   | 207        | 240      | 10                                  | 28        | 3         | 4          | 9       | 3           | 0.3           | 15        | 520         | 250        | 150       | 30        | 2.25      |
| 84692 | Mini Shepherd's Pie                          |                       |   | ● |   | 220        | 200      | 12                                  | 20        | 2         | 1          | 8       | 2.5         | 0.3           | 30        | 320         | 450        | 125       | 20        | 1.25      |
| 84741 | Baked Potato with Cheddar and Broccoli Sauce | ●                     |   |   | ● | 140        | 160      | 7                                   | 18        | 3         | 3          | 7       | 4           | 0.2           | 20        | 280         | 400        | 175       | 200       | 0.5       |
| 84745 | Mini Turkey Dinner                           |                       | ● | ● |   | 200        | 150      | 11                                  | 20        | 4         | 4          | 2       | 0.4         | 0             | 20        | 410         | 300        | 150       | 30        | 1.75      |
| 84766 | Mini Macaroni with Meat Sauce                |                       |   | ● |   | 200        | 320      | 17                                  | 31        | 3         | 4          | 14      | 5           | 0.4           | 35        | 550         | 300        | 175       | 125       | 2         |
| 84781 | Mini Macaroni and Cheese                     |                       |   | ● |   | 200        | 340      | 15                                  | 37        | 3         | 6          | 15      | 7           | 0.4           | 30        | 510         | 250        | 250       | 300       | 1.25      |
| 84797 | Mini Chicken Teriyaki                        |                       | ● |   |   | 200        | 170      | 12                                  | 27        | 1         | 11         | 1.5     | 0.3         | 0             | 25        | 670         | 250        | 150       | 20        | 0.5       |
| 84799 | Mini Baked Beans with Bacon                  |                       |   | ● |   | 200        | 300      | 12                                  | 38        | 6         | 15         | 12      | 4           | 0.1           | 25        | 620         | 450        | 250       | 100       | 2         |
| 84815 | Mini Vegetable Pasta Primavera               |                       | ● | ● |   | 200        | 230      | 9                                   | 38        | 3         | 4          | 5       | 1           | 0             | 0         | 550         | 225        | 100       | 75        | 1         |

## Soup

● Low Saturated Fat ● 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        | 70       | 2                                   | 13        | 2         | 1          | 2       | 0.2         | 0             | 0         | 360         | 150        | 30        | 30        | 0.75      |
| 84044 | Cream of Tomato Soup          |                       | ● |   | 200        | 100      | 4                                   | 13        | 2         | 7          | 7       | 3.5         | 0.1           | 15        | 450         | 300        | 100       | 125       | 0.5       |
| 84045 | Beef and Vegetable Soup       | ●                     |   |   | 200        | 70       | 2                                   | 8         | 1         | 2          | 3.5     | 0.5         | 0.1           | 5         | 490         | 150        | 30        | 30        | 0.5       |
| 84046 | Cream of Potato and Leek Soup |                       |   |   | 200        | 100      | 3                                   | 17        | 0         | 1          | 5       | 2.5         | 0.1           | 10        | 450         | 300        | 40        | 30        | 1         |
| 84047 | Garden Vegetable Soup         | ●                     |   |   | 200        | 60       | 2                                   | 9         | 1         | 1          | 2.5     | 0.2         | 0             | 0         | 460         | 125        | 20        | 20        | 0.5       |
| 84049 | Beef Barley Soup              | ●                     |   |   | 200        | 80       | 3                                   | 9         | 1         | 1          | 3.5     | 0.5         | 0.1           | 5         | 490         | 150        | 40        | 30        | 0.75      |
| 84050 | Chicken Noodle Soup           | ●                     |   |   | 200        | 110      | 6                                   | 12        | 1         | 1          | 4       | 1           | 0             | 20        | 530         | 125        | 50        | 20        | 0.5       |
| 84052 | Cream of Corn and Bacon Soup  |                       |   |   | 200        | 120      | 4                                   | 13        | 1         | 2          | 8       | 2.5         | 0.1           | 10        | 470         | 175        | 75        | 20        | 0.5       |
| 84056 | Chicken and Rice Soup         | ●                     |   |   | 200        | 90       | 5                                   | 10        | 1         | 1          | 3.5     | 0.5         | 0             | 15        | 470         | 125        | 40        | 20        | 0.3       |
| 84057 | Italian Wedding Soup          |                       |   |   | 200        | 110      | 4                                   | 14        | 1         | 1          | 5       | 1.5         | 0.1           | 5         | 420         | 150        | 50        | 30        | 0.75      |
| 84058 | New England Clam Chowder      |                       |   |   | 200        | 140      | 8                                   | 12        | 0         | 1          | 10      | 3.5         | 0.1           | 30        | 540         | 300        | 125       | 50        | 1         |
| 84064 | Carrot Ginger Soup            | ●                     | ● | ● | 200        | 80       | 1                                   | 11        | 3         | 6          | 4       | 0.3         | 0             | 0         | 280         | 250        | 30        | 30        | 0.4       |
| 84065 | Vegan Lentil Tomato Soup      | ●                     | ● | ● | 200        | 100      | 3                                   | 14        | 4         | 4          | 3.5     | 0.3         | 0             | 0         | 260         | 300        | 50        | 40        | 1.25      |

## Dessert

● 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) |
| 84206 | Butter Tart                  |                       |   | 90         | 360      | 4                                   | 55        | 2         | 26         | 16      | 6           | 0             | 45        | 115         | N/A        | N/A       | 40        | 1.75      |
| 84208 | Vanilla Ice Cream            |                       | ● | 63         | 110      | 1                                   | 15        | 1         | 11         | 5       | 3.5         | 0.2           | 25        | 25          | 75         | N/A       | 20        | 0.2       |
| 84209 | Double Chocolate Ice Cream   |                       | ● | 63         | 110      | 1                                   | 17        | 1         | 12         | 5       | 3           | 0.2           | 15        | 30          | 150        | N/A       | 40        | 1.75      |
| 84236 | Strawberry Ice Cream         |                       | ● | 63         | 110      | 1                                   | 15        | 0         | 11         | 5       | 3.5         | 0.2           | 25        | 25          | 75         | N/A       | 20        | 0.2       |
| 84237 | Orange Sorbet                |                       | ● | 63         | 70       | 0                                   | 17        | 0         | 15         | 0       | 0           | 0             | 0         | 0           | 0          | N/A       | 0         | 0         |
| 84241 | Strawberry Shortcake         |                       | ● | 60         | 210      | 2                                   | 28        | 0         | 8          | 10      | 4           | 1.5           | 30        | 135         | N/A        | N/A       | 20        | 0.75      |
| 84249 | Butterscotch Swirl Ice Cream |                       | ● | 63         | 120      | 1                                   | 17        | 0         | 12         | 5       | 3.5         | 0.2           | 20        | 20          | 75         | N/A       | 30        | 0.2       |
| 84254 | Blueberry Yogurt Muffin      |                       | ● | 90         | 310      | 4                                   | 47        | 2         | 26         | 13      | 2           | 0             | 40        | 460         | 125        | N/A       | 50        | 1.25      |
| 84255 | Raisin Bran Muffin           | ●                     | ● | 90         | 280      | 4                                   | 52        | 4         | 31         | 8       | 1           | 0             | 10        | 410         | 300        | N/A       | 50        | 2         |
| 84260 | Raisin Tea Biscuit (6-pack)  |                       | ● | 55g ea     | 200      | 3                                   | 23        | 1         | 6          | 11      | 5           | 0             | 10        | 270         | 125        | N/A       | 125       | 1.25      |

| CODE  | MEAL NAME   | Dietary colour coding |   |   |   |   | Nutritional Information per portion |          |             |           |           |            |         |             |               |           |             |            |           |           |           |
|-------|---|-----------------------|---|---|---|---|-------------------------------------|----------|-------------|-----------|-----------|------------|---------|-------------|---------------|-----------|-------------|------------|-----------|-----------|-----------|
|       |   | ●                     | ● | ● | ● | ● | Weight (g)                          | Calories | 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) |
| 84261 | Black Forest Cake Cup                               |                       | ● |   |   |   | 85                                  | 270      | 2           | 33        | 1         | 24         | 14      | 5           | 0.2           | 45        | 170         | 75         | N/A       | 30        | 1         |
| 84262 | Chocolate Caramel Mousse Cup                        |                       | ● |   |   |   | 85                                  | 300      | 3           | 34        | 1         | 26         | 18      | 11          | 0.4           | 50        | 200         | 125        | N/A       | 50        | 1.75      |
| 84263 | Cherry Cheesecake Cup                               |                       | ● |   |   |   | 85                                  | 260      | 2           | 35        | 1         | 27         | 12      | 5           | 0.2           | 30        | 140         | 40         | N/A       | 30        | 0.5       |
| 84264 | Tiramisu Cake Cup                                   |                       | ● |   |   |   | 85                                  | 220      | 3           | 24        | 1         | 17         | 12      | 7           | 0             | 80        | 55          | 125        | N/A       | 10        | 0.5       |
| 84272 | Lemon Tart  |                       | ● |   |   |   | 85                                  | 260      | 3           | 35        | 1         | 10         | 13      | 5           | 0             | 10        | 190         | N/A        | N/A       | 0         | 1.8       |
| 84275 | Raspberry Tart                                      |                       | ● |   |   |   | 85                                  | 280      | 3           | 36        | 1         | 13         | 13      | 5           | 0             | 10        | 1           | 88         | N/A       | 26        | 2         |
| 84280 | Double Chocolate & Chocolate Chip Cookies (10-pack) |                       |   |   |   |   | 35                                  | 140      | 2           | 22        | 1         | 12         | 6       | 3           | 0             | 5         | 150         | 50         | N/A       | 10        | 1.75      |
| 84281 | Cheese Tea Biscuits (6-pack)                        |                       |   |   |   |   | 55                                  | 210      | 4           | 21        | 1         | 4          | 12      | 6           | 0.1           | 10        | 290         | 100        | N/A       | 150       | 1.25      |
| 84282 | Blueberry Scone (4-pack)                            |                       |   |   |   |   | 75                                  | 280      | 4           | 36        | 1         | 13         | 13      | 3.5         | 0.1           | 15        | 440         | N/A        | N/A       | 25        | 1.75      |
| 84283 | Butter Tart (6-pack)                                |                       |   |   |   |   | 85                                  | 340      | 3           | 45        | 1         | 19         | 17      | 6           | 0.1           | 35        | 210         | 50         | N/A       | 10        | 1.5       |
| 84284 | Pecan Butter tarts                                  |                       |   |   |   |   | 85                                  | 350      | 3           | 43        | 1         | 19         | 19      | 6           | 0.1           | 30        | 210         | N/A        | N/A       | 0.2       | 0.75      |
| 84285 | Lemon Tart (6-pack)                                 |                       |   |   |   |   | 67                                  | 230      | 2           | 32        | 1         | 12         | 10      | 4.5         | 0.1           | 0         | 220         | 30         | N/A       | 10        | 1.25      |

## Pureed

● ProteinAssist® ● Carb Control® ● Low Saturated Fat ● High Fibre ● Vegetarian

| CODE  | MEAL NAME                          | Dietary colour coding |   |   |   |   | Nutritional Information per portion |          |             |           |           |            |         |             |               |           |             |            |           |           |           |
|-------|------------------------------------|-----------------------|---|---|---|---|-------------------------------------|----------|-------------|-----------|-----------|------------|---------|-------------|---------------|-----------|-------------|------------|-----------|-----------|-----------|
|       |                                    | ●                     | ● | ● | ● | ● | Weight (g)                          | Calories | 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) |
| 16001 | Chicken à la King Puree            | ●                     | ● | ● | ● |   | 360                                 | 300      | 26          | 21        | 5         | 5          | 15      | 2.5         | 0.2           | 55        | 700         | 650        | 250       | 75        | 2.25      |
| 16002 | Vegetable Lasagna Puree            |                       | ● | ● | ● | ● | 300                                 | 330      | 13          | 34        | 5         | 10         | 22      | 4.5         | 0.3           | 15        | 750         | 500        | 150       | 225       | 3         |
| 16003 | Apple Braised Pork Puree           | ●                     | ● | ● | ● |   | 360                                 | 460      | 20          | 35        | 4         | 16         | 26      | 6           | 0.2           | 45        | 680         | 700        | 225       | 75        | 3         |
| 16004 | Macaroni and Cheese Puree          |                       | ● |   | ● | ● | 410                                 | 490      | 19          | 48        | 6         | 6          | 32      | 12          | 0.5           | 50        | 830         | 600        | 350       | 400       | 1.75      |
| 16005 | Shepherd's Pie Puree               | ●                     | ● | ● | ● |   | 460                                 | 450      | 24          | 29        | 6         | 9          | 27      | 4.5         | 0.5           | 35        | 920         | 650        | 300       | 75        | 4.5       |
| 16006 | Turkey Dinner Puree                | ●                     | ● | ● |   |   | 360                                 | 310      | 20          | 31        | 3         | 5          | 12      | 1.5         | 0.1           | 65        | 800         | 600        | 200       | 40        | 3         |
| 16007 | Beef and Vegetable Casserole Puree | ●                     | ● | ● | ● |   | 360                                 | 370      | 27          | 33        | 5         | 3          | 20      | 5           | 0.5           | 50        | 680         | 650        | 200       | 75        | 4.5       |
| 16009 | Pot Roast Beef Puree               | ●                     | ● | ● | ● |   | 360                                 | 390      | 24          | 21        | 4         | 4          | 23      | 5           | 0.5           | 50        | 620         | 650        | 250       | 50        | 3.5       |
| 16011 | Sweet and Sour Chicken Puree       | ●                     | ● | ● | ● |   | 360                                 | 290      | 22          | 30        | 5         | 9          | 10      | 1           | 0.1           | 40        | 720         | 600        | 300       | 50        | 2         |
| 16016 | Meatloaf Puree                     | ●                     | ● | ● | ● |   | 410                                 | 400      | 27          | 36        | 4         | 8          | 17      | 4.5         | 0.4           | 50        | 890         | 650        | 250       | 50        | 4.5       |
| 16017 | Lemon Herb Fish Puree              | ●                     | ● | ● | ● |   | 410                                 | 430      | 23          | 41        | 5         | 6          | 19      | 5           | 0.3           | 55        | 1220        | 650        | 450       | 125       | 4         |
| 16018 | Chicken Cacciatore Puree           | ●                     | ● | ● | ● |   | 360                                 | 260      | 23          | 26        | 6         | 8          | 9       | 1           | 0.1           | 40        | 950         | 600        | 225       | 50        | 3         |
| 16020 | Spaghetti Bolognese Puree          | ●                     | ● | ● | ● |   | 360                                 | 410      | 20          | 32        | 5         | 10         | 23      | 4           | 0.4           | 30        | 740         | 550        | 150       | 75        | 4         |
| 16021 | Turkey Casserole Puree             | ●                     | ● | ● | ● |   | 360                                 | 310      | 22          | 20        | 4         | 5          | 16      | 2           | 0.1           | 65        | 740         | 600        | 200       | 50        | 3.5       |
| 16023 | Creamed Salmon Puree               | ●                     | ● |   | ● |   | 360                                 | 370      | 25          | 25        | 4         | 5          | 20      | 6           | 0.2           | 50        | 810         | 800        | 300       | 200       | 4         |

## Minced

● ProteinAssist® ● Carb Control® ● Low Saturated Fat ● 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        | 390      | 29                                  | 27        | 6         | 3          | 17      | 5           | 0.5           | 55        | 670         | 650        | 300       | 40        | 4         |
| 17002 | Apple Braised Pork | ●                     | ● | ● | ● |   | 340        | 420      | 21                                  | 39        | 6         | 15         | 19      | 6           | 0.1           | 55        | 620         | 800        | 175       | 75        | 3         |
| 17003 | Ham                |                       |   | ● | ● |   | 300        | 360      | 13                                  | 55        | 5         | 26         | 10      | 4           | 0.1           | 40        | 730         | 500        | 250       | 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         | 600        | 225       | 50        | 3.5       |
| 17006 | Pesto Chicken      | ●                     | ● |   | ● |   | 320        | 250      | 20                                  | 30        | 6         | 8          | 10      | 4           | 0.2           | 60        | 650         | 700        | 300       | 125       | 1         |
| 17009 | Pasta Primavera    |                       | ● | ● | ● |   | 360        | 330      | 17                                  | 50        | 12        | 7          | 8       | 1           | 0.1           | 0         | 830         | 800        | 225       | 125       | 4         |
| 17010 | Beef Stew          | ●                     | ● | ● | ● |   | 310        | 340      | 20                                  | 25        | 6         | 4          | 18      | 5           | 0.4           | 60        | 560         | 700        | 200       | 75        | 3         |
| 17012 | Honey Dijon Pork   |                       | ● | ● | ● |   | 315        | 380      | 14                                  | 42        | 6         | 19         | 17      | 4.5         | 0.1           | 40        | 640         | 600        | 150       | 75        | 2         |
| 17013 | Vegetarian Stew    |                       | ● | ● | ● | ● | 320        | 280      | 15                                  | 36        | 10        | 7          | 9       | 1.5         | 0.1           | 0         | 610         | 750        | 225       | 100       | 3.5       |

## Thickened Soup

● Low Saturated Fat ● 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        | 70       | 3                                   | 14        | 3         | 3          | 2       | 1           | 0.1           | 5         | 320         | 200        | 50        | 50        | 0.5       |
| 13054 | Carrot Soup         |                       | ● |   | 160        | 100      | 2                                   | 11        | 3         | 5          | 4.5     | 2           | 0.1           | 5         | 310         | 175        | 50        | 75        | 0.4       |
| 13055 | Cauliflower Soup    |                       | ● |   | 160        | 80       | 3                                   | 10        | 2         | 4          | 3       | 1.5         | 0.1           | 5         | 310         | 175        | 50        | 50        | 0.4       |
| 13056 | Chicken Noodle Soup | ●                     | ● |   | 160        | 50       | 4                                   | 9         | 2         | 2          | 0.5     | 0.2         | 0             | 10        | 370         | 125        | 40        | 20        | 0.3       |
| 13057 | Mushroom Soup       |                       | ● |   | 160        | 110      | 4                                   | 11        | 2         | 5          | 5       | 2           | 0.1           | 10        | 310         | 200        | 100       | 100       | 0.4       |
| 13058 | Tomato Beef Soup    | ●                     |   |   | 160        | 80       | 4                                   | 11        | 1         | 1          | 1.5     | 0.5         | 0             | 15        | 460         | 125        | 40        | 10        | 0.75      |

## Gluten-Free and Lactose-Free

● ProteinAssist® ● Carb Control® ● 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) |
| 10012 | Apple Braised Pork           |                       | ● | ● | ● |   | 300        | 330      | 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         | 400        | 225       | 50        | 2.5       |
| 10018 | Herbed Fish                  | ●                     | ● | ● | ● | ● | 278        | 290      | 22                                  | 42        | 4         | 4          | 3       | 0.4         | 0             | 35        | 190         | 550        | 300       | 50        | 1.75      |
| 10020 | Hawaiian-Style Chicken       |                       | ● | ● | ● | ● | 315        | 280      | 15                                  | 50        | 4         | 12         | 1.5     | 0.3         | 0             | 30        | 380         | 450        | 200       | 50        | 0.75      |
| 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                                  | 33        | 2         | 2          | 8       | 2           | 0             | 75        | 270         | 350        | 250       | 50        | 1.5       |
| 10054 | Pot Roast Beef               |                       | ● | ● |   | ● | 259        | 240      | 18                                  | 31        | 4         | 4          | 4       | 1           | 0.1           | 30        | 630         | 400        | 250       | 40        | 2         |

# Notes

|                          |                          |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

## EASY ORDER BUNDLE

# Customer favourites

33021

An irresistible selection of some of our most popular and favourite meals.

### This bundle includes:

1. Shepherd's Pie
2. Spaghetti and Meatballs
3. Chicken Teriyaki
4. Traditional Turkey Dinner
5. Orange Chicken
6. Mac & Cheese



All 6 dishes for \$63.95

Scan here to order →



EASY ORDER BUNDLE

# European inspired

33013

Europe is the birthplace of some of the world's most iconic comfort foods. Take a culinary trip by trying this scrumptious selection of European inspired meals.

**This bundle includes:**

- 1. Spaghetti with Meat Sauce
- 2. Chicken Souvlaki
- 3. Cheese Manicotti
- 4. Vegetarian Cassoulet
- 5. Beef Stew
- 6. Honey Rosemary Chicken



**All 6 dishes for \$64.50**

Scan here to order →



EASY ORDER BUNDLE

# Taste of Asia

33022

The culinary traditions of Asia are as rich and diverse as the cultures of the world's largest continent.

**Enjoy a medley of unique flavour profiles with this bundle.**

**This bundle includes:**

- 1. Butter Chicken
- 2. Sweet and Sour Chicken
- 3. Beef Teriyaki
- 4. Chicken Fried Rice
- 5. Sesame Chicken
- 6. Asian Style Beef and Broccoli



**All 6 dishes for \$65.45**

Scan here to order →



# No time to browse today?

We've assembled 7 of our favourites for you to try.

TRY US BUNDLE 33020

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to order



All 7 meals  
only

**\$75<sup>50</sup>**



**Spanish Rice Pilaf with Beef**  
(pg. 11)



**Spaghetti with Meat Sauce**  
(pg. 13)



**Turkey with Cranberry Orange Sauce**  
(pg. 19)



**Chicken and Vegetable Casserole**  
(pg. 22)



**Pork Ragout with Creamy Polenta**  
(pg. 27)



**Battered Haddock and Tots**  
(pg. 32)



## Satisfaction guaranteed!

We're so certain you'll love our meals that if you're ever not entirely satisfied with any item, tell your driver or give us a call and we'll replace it for free!

If possible, please retain the complete film lid and give it to your driver.



**Mushroom Stroganoff**  
(pg. 35)

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