



HEART TO
HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

SPRING/SUMMER 26

My Menu

Making life **easier** as you age

*This summer,
everything
good comes
from the*



Nationwide presence. Local commitment.

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



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

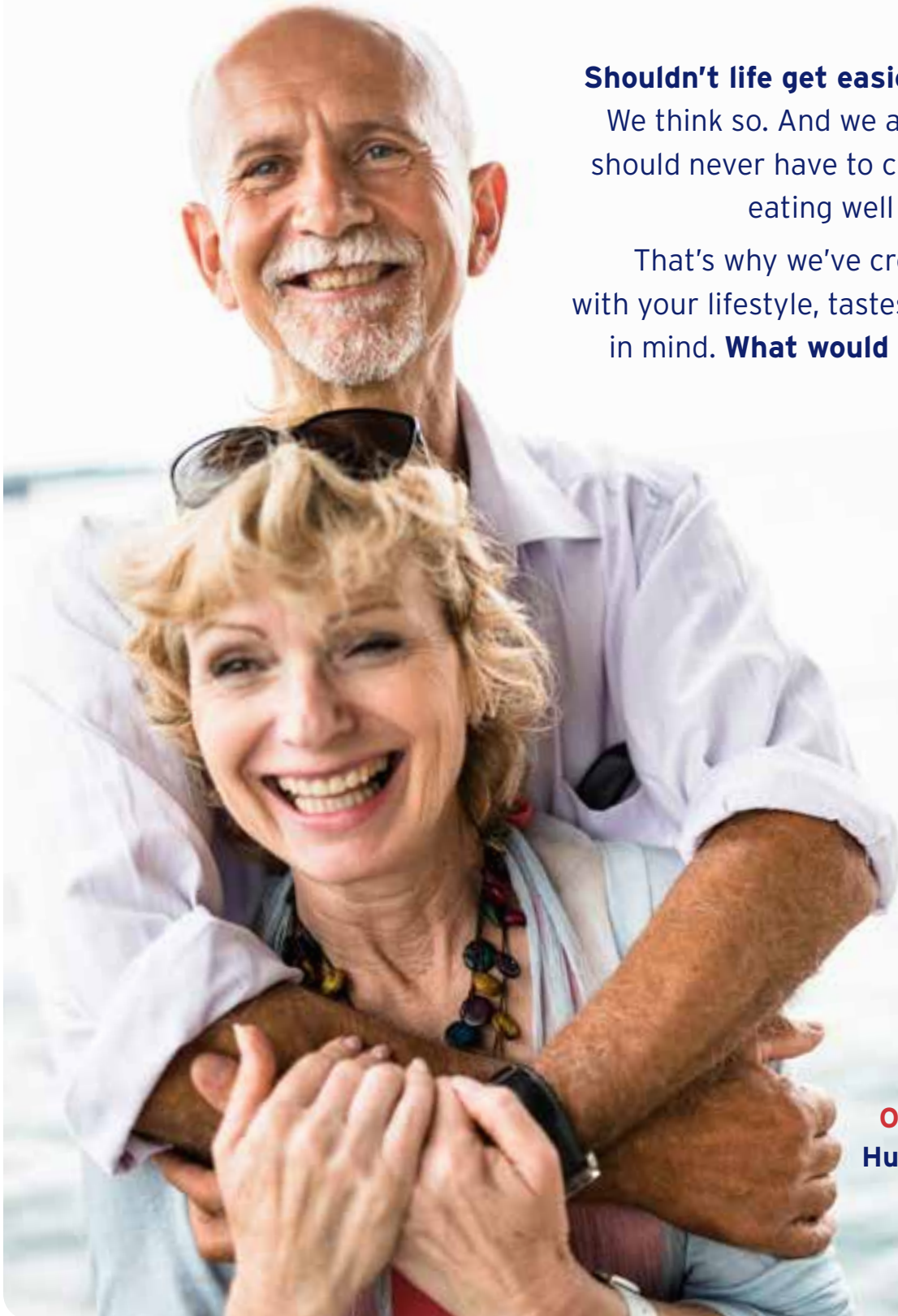
We are **made** for seniors.

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:
Hunter's Chicken,
page 22





New season... New flavours... New chef!

Chef Tim and Chef JB

We've got a fresh menu for the season and a fresh face in the kitchen!

Chef JB is here! From his grandmother's kitchen to luxury resorts and Michelin-starred restaurants, he's bringing his global experience to your table with brand-new recipe ideas, uncompromising attention to flavour and a passion for meals with heart. Here are just a few of the brand-new dishes we've cooked up together for you this season:

- **Grilled Chicken with Spinach Parmesan Sauce, Page 22** – It's a new main with all-new sides too! Indulgent spinach parmesan sauce blankets a tender chicken breast complemented by roasted potatoes, asparagus and carrots.
- **Perogies with Mushroom Cheese Sauce, Page 36** – We've bathed pillowy three-cheese perogies in a creamy, cheesy, mushroom-y sauce and paired it with a summer side of couscous, edamame and sweet peas.
- **French Onion Beef and Potato Casserole, Page 12** – For a Sunday dinner any day, indulge in this melt-in-your-mouth homestyle casserole topped with cheddar cheese and served with broccoli florets.

Another hot new addition 🌶️🌶️

Like to keep things spicy? Watch for the new 🌶️ symbol throughout the menu. You guessed it – more peppers mean more heat!

Speaking of heat, we're fired up to embark on this next chapter together. Please share your thoughts with us on social media. We're curious how our teamwork tastes to you!

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**





*Meals that nourish,
right down to the bone.*

Andrea Olynyk, R.D.

There's something powerful about knowing that food can both taste good and nourish you where it matters. As a dietitian, I'm always thinking about the small daily choices that support long-term wellness – like including meals that keep bones strong as we age.

My personal favourite pick from this season's menu happens to be a bonafide bone booster: **White Fish Piccata** (page 31). Not only is this

flaky Haddock fillet the perfect dish for summer with a bright lemon-butter sauce, it's also naturally rich in protein and phosphorus to help maintain strong bones.

If fish isn't for you, don't fret! Poultry, beef and pork are all high in protein, which is great for bones and also supports calcium absorption. For a direct boost of calcium, I recommend checking out our cheesy main courses like **Macaroni and Cheese** (27% of your calcium daily value - page 36), **Cheese Manicotti** (23% of your calcium daily value - page 36) and **Cheddar Topped Shepherd's Pie** (17% of your calcium daily value - page 11).







If bone health is on your mind too, take a read of my **Ask Andrea** column on page 38. I'll be diving deeper into preventing osteoporosis and simple habits that can help support strong bones every day.

As always, listen to your body, enjoy what you eat and check in with your dietitian if you're making changes to your nutritional routine!

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.
-  **CarbControl®** These meals or soups contain 50g or less of carbohydrates per serving.
-  **Vegetarian** These items contain no meat. However, they may contain dairy such as milk, cheese and eggs.
-  **Low Sodium** These meals contain 140mg or less of sodium per 100g.
-  **Low Saturated Fat** These meals contain 2g or less of saturated fat and trans fat combined per 100g and provides 15% or less energy from the sum of these fats.
-  **High Fibre** These items contain 4g of fibre or more per serving.

Why Heart to Home Meals?

Age is a gift. We believe it should be properly cared for, and that's why our service was created. To honor our seniors' lifestyles, nutrition, and tastes with food that's not only delicious, but beneficial to your health and convenient for your schedule, too.



Friendly drivers you can count on.

Expect more than just great-tasting food. Our friendly Heart to Home Meals drivers deliver locally to thousands of customers, so you'll see the same familiar faces regularly. From start to finish, our service comes with a smile.

Make a real difference.

By joining Heart to Home Meals, you become a part of a larger purpose: making a real difference in the lives of seniors in your community. Join our franchise today and become a catalyst for positive change in your community. Learn more by visiting [HeartToHomeMeals.ca](https://www.HeartToHomeMeals.ca)

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...

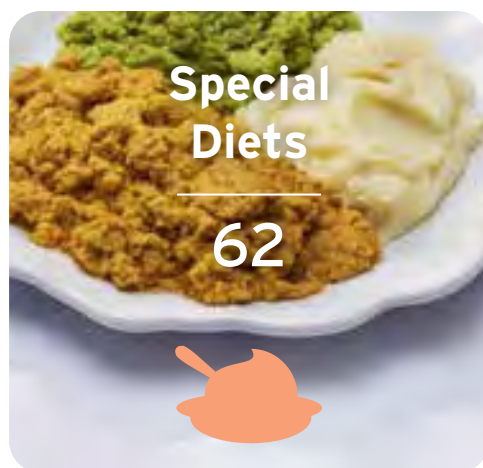
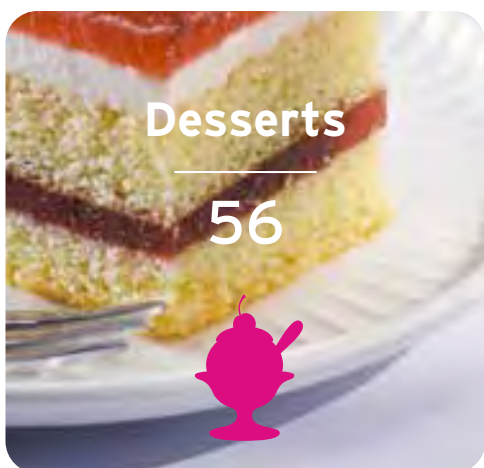
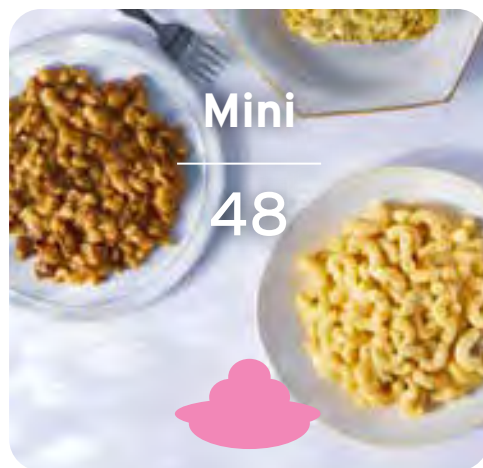
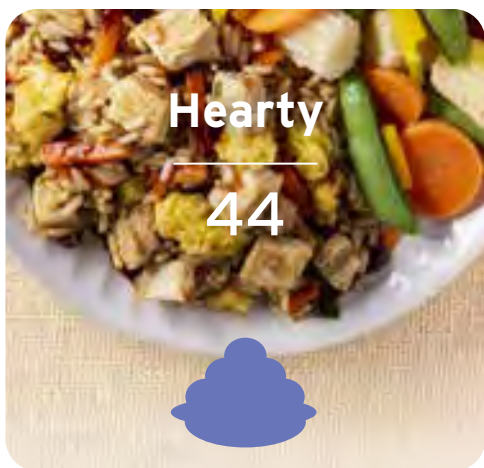
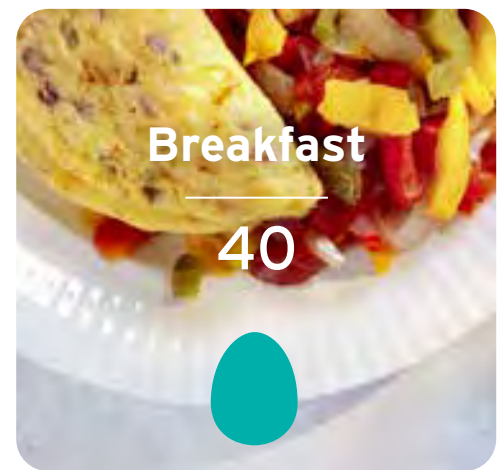
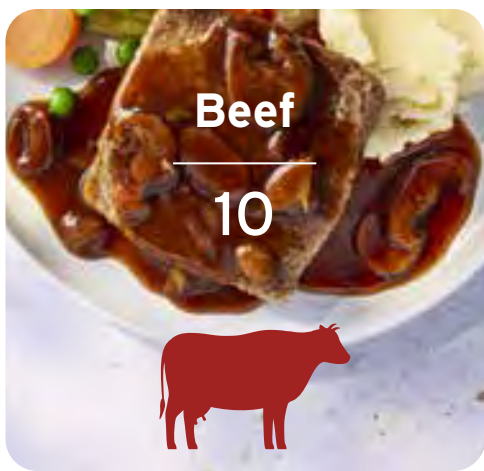


2. Click the link that appears when your camera scans the QR code...



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





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Easy Order Bundles 74



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.

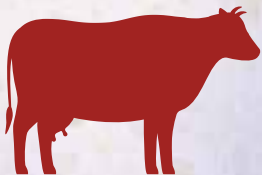


VISA



We Accept Veterans Affairs Allowances

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



Beef.

I order **Homestyle Meatloaf** (page 13) twice a month because it brings me right back to those busy weeknights getting the kids ready for baseball and dance. I'd put gravy on mine and ketchup on theirs, and they were in heaven! - *Helen*



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**



Spaghetti with Meat Sauce

325g

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

84677 **\$10.15**



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**

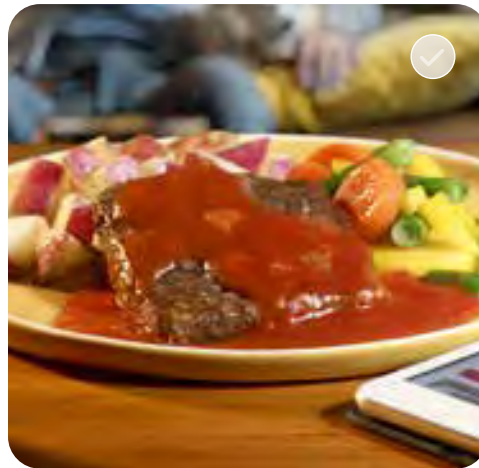


Cheddar Topped Shepherd's Pie

420g

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

84773 **\$12.00**



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**



Sweet and Sour Meatballs

305g

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

84751 **\$11.45**



New!



French Onion Beef and Potato Casserole

305g ● ● ●

84914 **\$12.50**

A comforting French onion beef and potato casserole, topped with cheddar cheese and served with broccoli florets.

classic



Spaghetti and Meatballs

356g ● ● ●

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

84680 **\$9.95**



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**



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**



Braised Beef

320g ● ● ● ● ●

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

84668 **\$12.80**



Beef



Homestyle Meatloaf

360g



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

84649

\$13.50



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



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



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



CHEF COLLECTION

Roast Beef with Diane Sauce

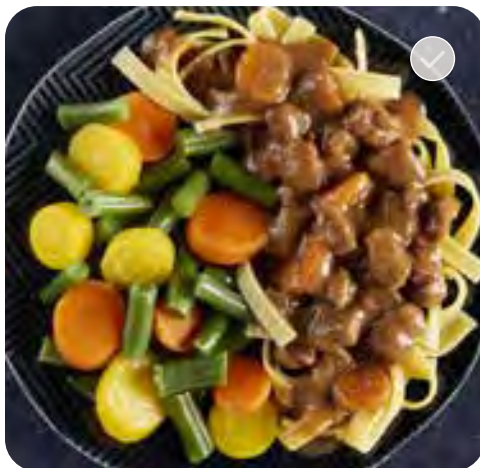
Elevate your dining experience with tender slices of roast beef ladled in a French-influenced sauce prepared with a rich beef stock, Dijon mustard and velvety cream. Served with red-skin potatoes and delicate diced carrots.

305g

84859



\$13.40



Beef Goulash

310g



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

84759

\$12.40



Swedish-Style Meatballs

359g



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

84703

\$11.80



Beef Teriyaki

320g



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

84817

\$12.45



Beef

Spring/Summer 26 HeartToHomeMeals.ca



My Favourites

classic



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



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



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



Cabbage Rolls

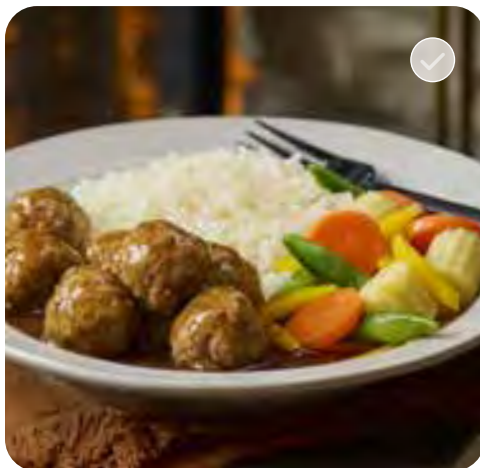
325g



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



Honey Garlic Meatballs

318g



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

84547

\$12.25

What's your *spice* level?

Craving that extra kick in your meals? Look for our **NEW** spice level icons throughout the menu to spot dishes that bring the heat:

Mild Spice

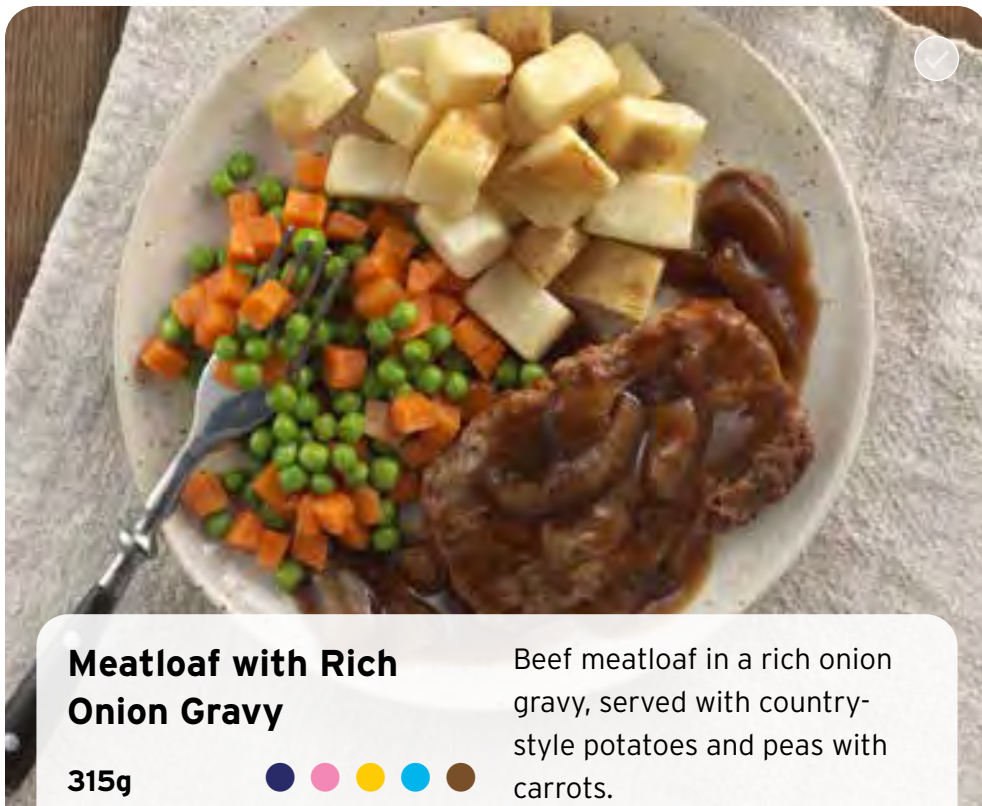
Just a touch...

Medium Spice

A little more intensity...

Extra Spice

Our boldest bite...



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



Beef Stew

300g



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

84693

\$12.25



Customer's CHOICE ❤️

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



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



Beef

Spring/Summer 26 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!

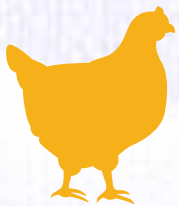
All meals, soups and desserts are labelled with cooking instructions. **We recommend cooking your meals in the oven for the best home-cooked flavour.**

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.

Grilled Chicken with Apple Cheddar Sauce (page 25) is my favourite new dish. I sold my BBQ when I downsized last year so this gives me that grilled flavour I've missed (without the work of cooking that I definitely haven't missed)! - Robert



Sesame Chicken 🌶️

310g ● ● ●

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

84847 **\$10.05**



Breaded Chicken Strips

295g ● ● ●

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

84172 **\$11.85**



Chicken Souvlaki

310g ● ● ● ● ●

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

84844 **\$11.05**



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**



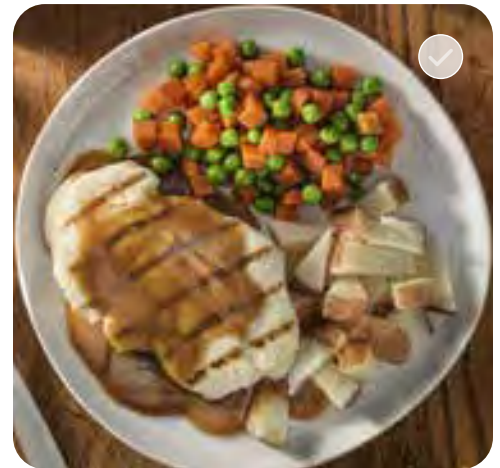
Customer's CHOICE ❤️

Chicken Pot Pie

350g ● ● ●

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

84673 **\$11.25**



Honey Mustard Chicken

300g ● ● ● ● ●

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

84795 **\$10.90**



CHEF COLLECTION

*Crispy Chicken with
Roasted Red Pepper Sauce*

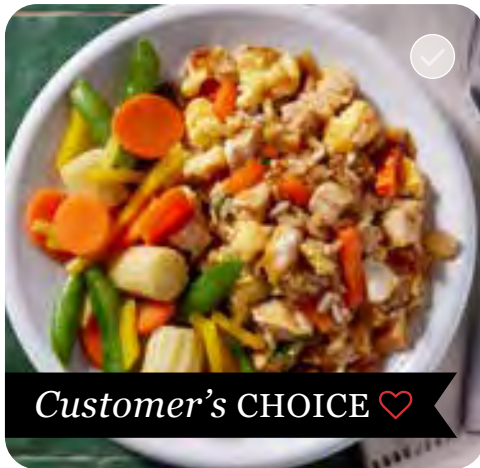
Transport yourself to a cozy trattoria with a golden chicken breast that comes alive in this chef-favourite sauce.

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

305g

84876

\$11.20



Customer's CHOICE

Chicken Fried Rice

360g



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

84887

\$10.00



Sliced Turkey in Gravy

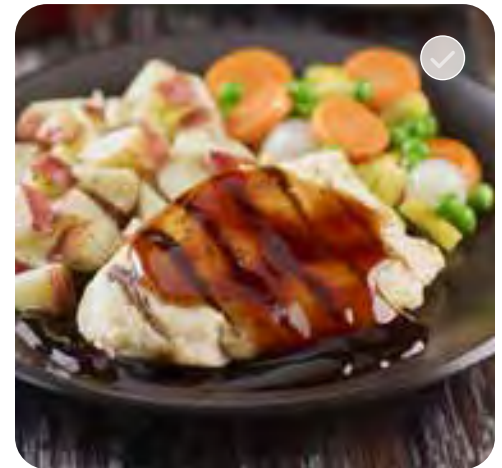
315g



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

84652

\$11.15



**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



Chicken & Turkey

Spring/Summer 26 HeartToHomeMeals.ca

My Favourites



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**



Country Chicken

350g ● ● ● ●

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

84661 **\$10.00**



Chicken Thigh with Creamy Tomato Sauce

300g ● ● ● ● ●

Skinless, boneless chicken thigh in a creamy tomato basil sauce, served with rosemary potatoes, asparagus and peas.

84857 **\$13.00**



Chicken and Vegetable Casserole

340g ● ● ● ● ●

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

84761 **\$9.90**

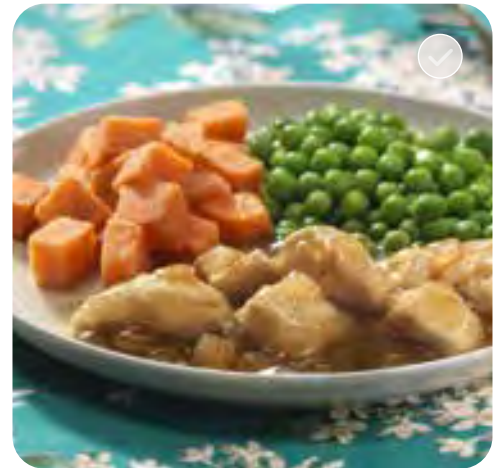


Chicken Alfredo

320g ● ●

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

84731 **\$10.15**



Honey Rosemary Chicken

320g ● ● ● ● ●

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

84806 **\$10.90**



Grilled Chicken with Spinach Parmesan Sauce

300g



Grilled chicken breast topped with a rich and creamy spinach parmesan sauce, with roasted potatoes, asparagus and carrots

84911

\$12.15



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



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 Tikka Masala

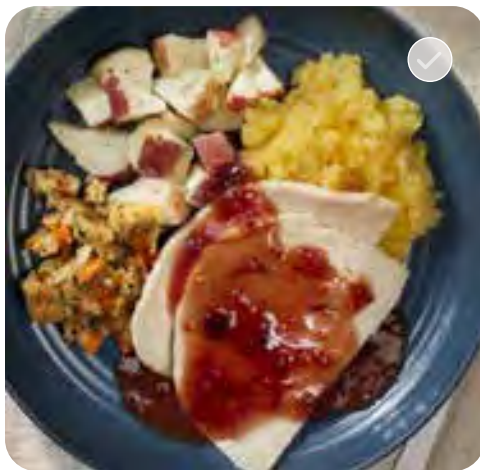
340g



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

84829

\$10.55



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 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



Chicken & Turkey

Spring/Summer 26 HeartToHomeMeals.ca

My Favourites



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.

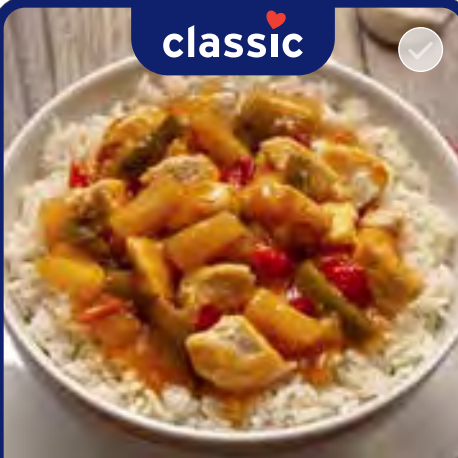
305g

84873



\$11.50

classic



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



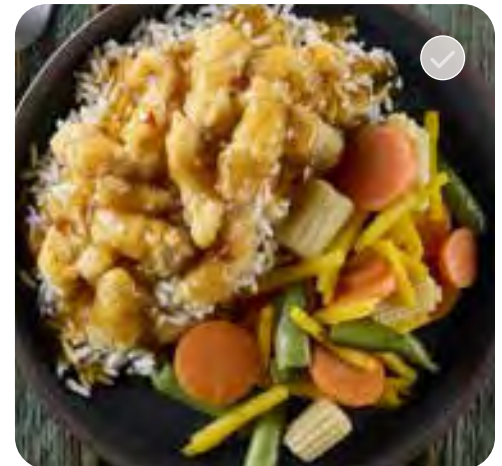
Chicken in a Creamy Mushroom Sauce

300g

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

84855

\$11.35



Orange Chicken

340g

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

84772

\$10.05

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

Chicken & Turkey





Traditional Turkey Dinner

360g ● ● ● ●

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

84651 **\$12.65**



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**

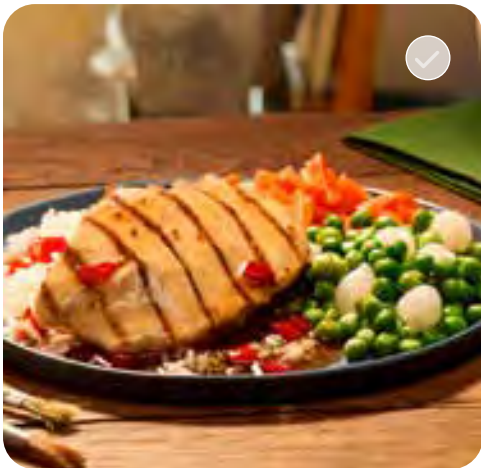


Chicken Taco Bowl

300g ● ● ●

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

84902 **\$11.95**

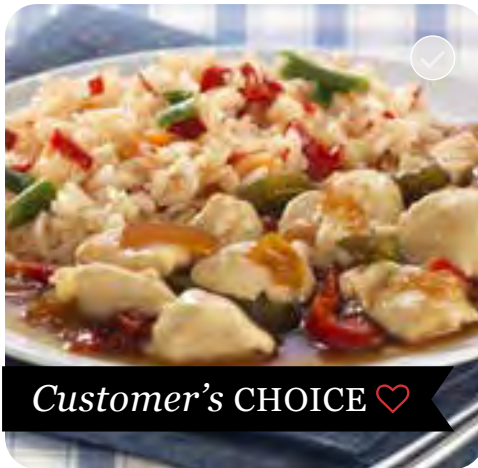


Honey Garlic Chicken

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**



Customer's CHOICE

Chicken Teriyaki

350g ● ● ●

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

84749 **\$11.00**



Chicken Thigh with Rich Onion Gravy

325g ● ● ● ●

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

84727 **\$11.35**



Chicken & Turkey

Spring/Summer 26 HeartToHomeMeals.ca

My Favourites



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**



Butter Chicken 🌶️

300g ● ●

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

84782 **\$10.95**



Grilled Chicken with Apple Cheddar Sauce

325g ● ● ● ● ●

Grilled chicken breast in a savoury apple cheddar sauce, with spiced home fries, peas and corn.

84912 **\$12.15**

Let's connect online!

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



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youtube.com/HeartToHomeMealsCanada



Visit our Blog and learn about senior nutrition and healthy living!
HeartToHomeMeals.ca/blog



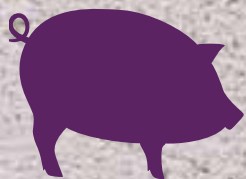
Our website offers accessibility for an enhanced experience.



Chicken & Turkey

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





Pork.

The **Boneless Pork Rib with Honey Garlic Sauce** (*page 29*) is so summery that I've actually taken to eating it outside when the weather cooperates. It's a great excuse to enjoy the garden, the sun and the birds. - *Marco*



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



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



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



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



Perogies with Bacon Leek Sauce

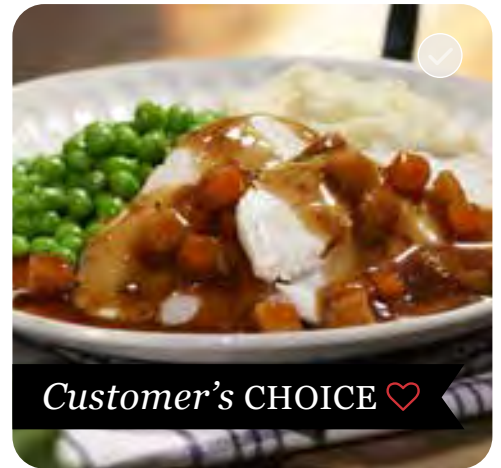
300g



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

84901

\$11.00



Customer's CHOICE ❤️

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



Pork with Stuffing

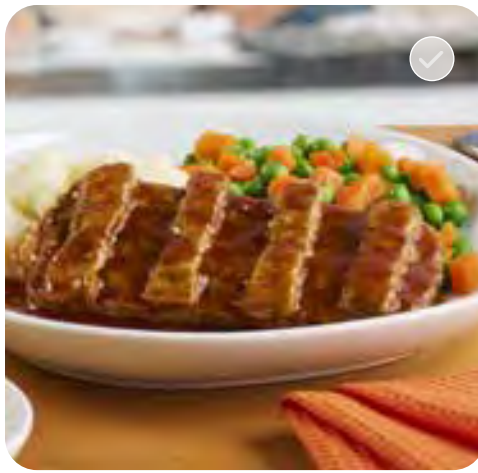
365g



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



Boneless Pork Rib Cutlet in Barbecue Sauce

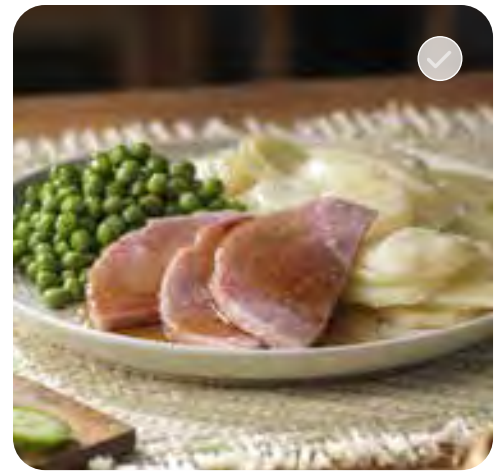
335g



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

84564

\$11.60



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



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

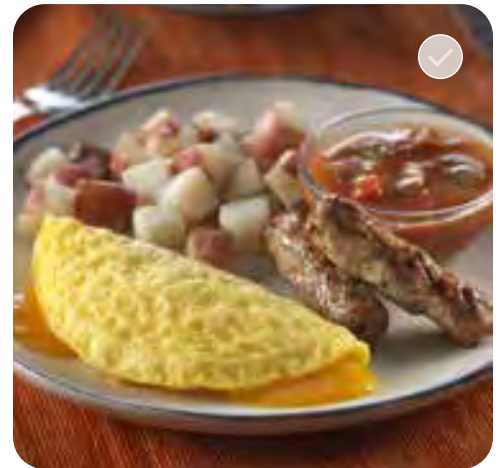
321g



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

84111

\$11.15



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



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



classic

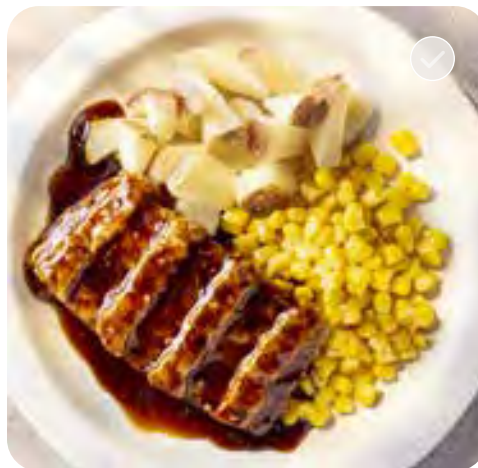
Bangers and Mash

380g

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

84655

\$10.00



**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



**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



Fish.

Nothing says summer more than a satisfying **White Fish Piccata** (page 31). It reminds me of fishing with my father when we got up so early and headed out to catch many more laughs than fish. - *Julia*



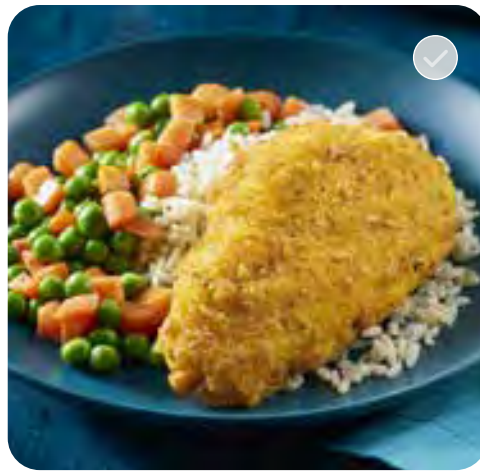


Salmon with Hollandaise Sauce

325g ● ● ● ●

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

84597 **\$12.85**



Cheddar Crusted Hake

253g ● ● ●

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

84907 **\$13.95**



White Fish Piccata

315g ● ●

Haddock fillet in a zesty lemon butter sauce topped with capers, served with dill rice and carrots.

84915 **\$13.00**



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**



Creamy Lemon Garlic Shrimp Pasta

320g ● ● ● ●

84884 **\$12.65**

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



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



Salmon Teriyaki

365g



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

84866

\$11.80



classic

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



Fish

Spring/Summer 26 HeartToHomeMeals.ca



My Favourites

classic



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



Shrimp with Cajun Style Rice

340g



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

84897

\$12.55



Haddock with Garlic Butter Sauce

355g



Haddock fillet topped with a rich garlic butter sauce, served with mashed potatoes and vegetables.

84826

\$13.25



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



Vegetarian & Cheese.

I take care of my grandson Josh once a week and he's obsessed with my Heart to Home Meals. Last visit, he ate my **Perogies with Mushroom Cheese Sauce** (page 36) and I ate the lunch my daughter packed for him—he's lucky I love him! - *Mary Ann*



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**



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**



Tortellini Marinara

325g ● ● ● ●

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

84867 **\$9.15**

Customer's CHOICE ♥



Vegetarian Cassoulet

345g ● ● ● ●

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

84864 **\$8.60**



Crustless Vegetable Quiche

300g ● ● ● ●

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

84828 **\$12.25**



Mushroom Stroganoff

320g ● ● ● ● ●

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

84890 **\$10.35**



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



classic

Perogies with Mushroom Cheese Sauce

345g

Soft potato and three-cheese perogies topped with a creamy mushroom sauce, vegetarian couscous, edamame and peas.

84910

\$10.50



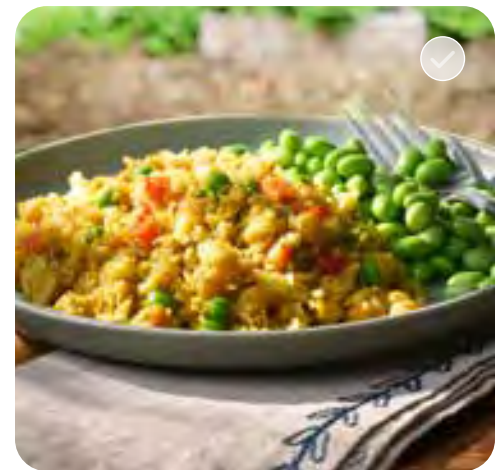
Macaroni and Cheese

320g

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

84723

\$9.10



Indian-Style Chickpeas with Curried Rice

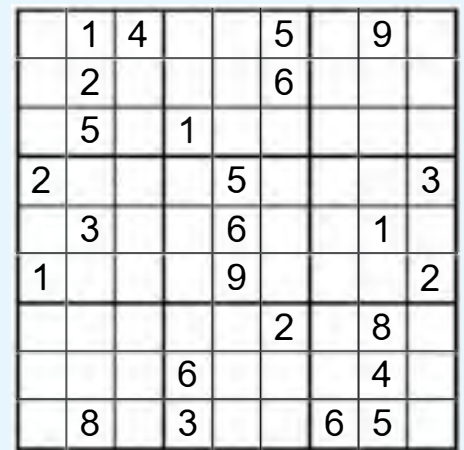
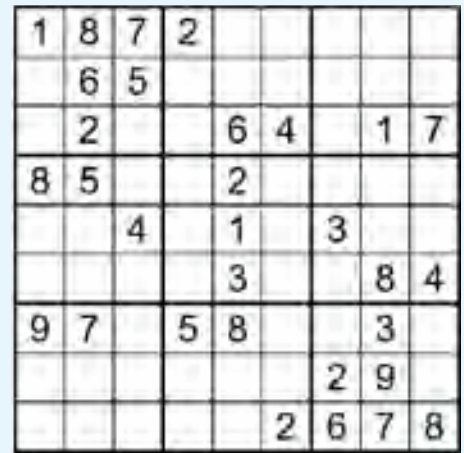
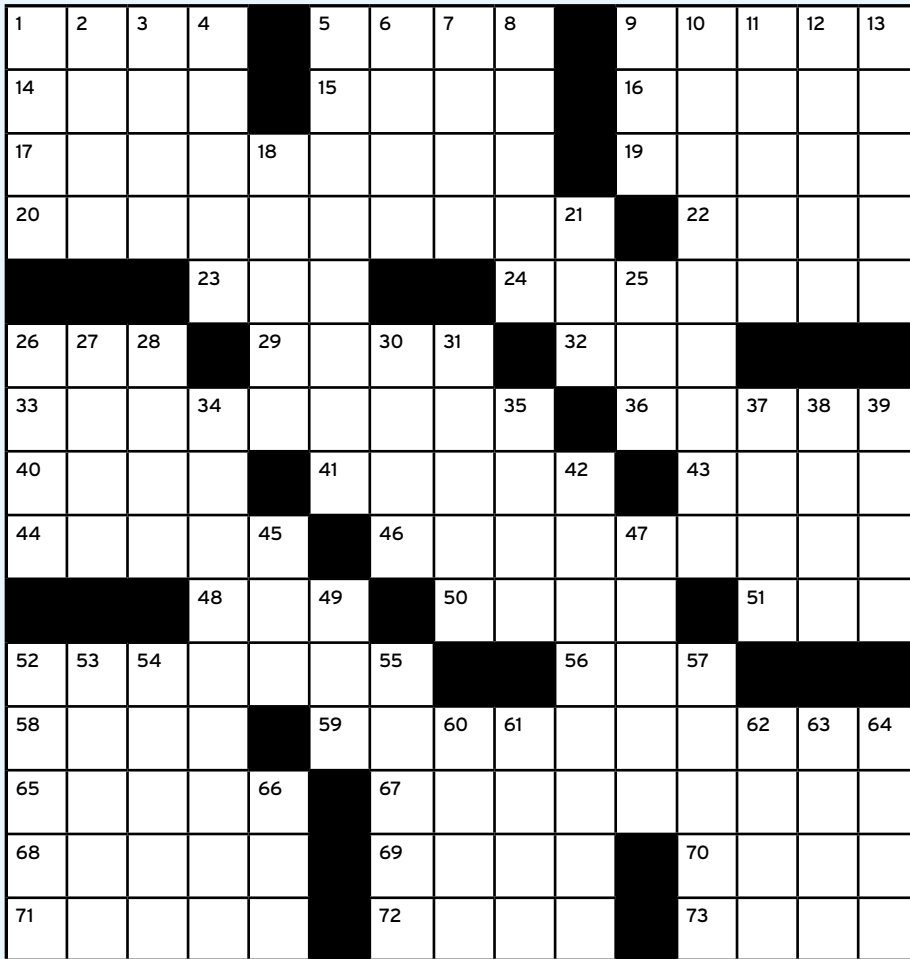
330g

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

84898

\$9.95

Food for your MIND



ACROSS

1. With defects and all
5. Helvetica, e.g.
9. Enterprise medical officer
14. Proof of impact
15. French cheese
16. Geneva's river
17. Chemical sprayed on plants
19. Bone below the femur
20. It emits a high-pitched warning
22. Those in favor
23. Mind reading, briefly?
24. Inflexible
26. Mark of the serpent?
29. British alphabet enders
32. Moo ___ pork
33. Natural cattle pen
36. Feeling of foreboding
40. Mediocre
41. Board projection
43. Signing gorilla
44. They pull their load

46. In this, following directions is mandatory
48. Place to shoot from
50. Dynamic start?
51. CBS President Moonves
52. Perch atop
56. It's omitted in alphabetization
58. "Panic in the Streets" director Kazan
59. High-pitched signal device
65. Gracefully slender
67. Bag-closers
68. Hold in high esteem
69. Kind of formality
70. Feline film heroine
71. "Let's Make ___"
72. Irish singing star
73. Ides of March rebuke

DOWN

1. Postfixes, e.g.
2. Apparently are

3. Skinny, so to speak
4. Stir up or tend, as a fire
5. Certain government employee
6. Word with history or hygiene
7. Member of a famous exploratory trio
8. Popular aquarium fish
9. "I pity the fool" speaker
10. High-pitched singers
11. It could lead a charmed life
12. Bulb vegetable
13. Brewery need
18. TV hostess Gibbons
21. Rx writers
25. Sound of an epiphany
26. Is retrocessive
27. Destructive rodent
28. Word with eye or final
30. Goes platinum?
31. "The Merry Widow" role
34. It makes a highpitched noise for attention
35. Coastal Alaskan city

37. Brandi Chastain lost her shirt because of one
38. Scottish isle
39. Eighty-six
42. Oil production area
45. Swill opposite
47. Like seven Ryan games
49. Group of seals
52. Brazilian rainforest
53. Tale about Paris, et al.
54. Championship
55. One reply to "Who did this?"
57. First name in cosmetics
60. Pop singer Stefani
61. Lean and sinewy
62. Camera movement
63. In case
64. Jacob's brother
66. Underwater shocker

E-mail:

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



Ask Andrea

Answering your dietary and nutrition questions.

Bone health for better living

Speaking with many older adults every day, I often hear how important it is to feel strong, capable, and independent as we age in our own homes - and one of the best ways to support that is by taking good care of our bones.

Osteoporosis is a condition where bones lose strength and density, causing them to be more likely to break, even from minor falls or bumps. Over 2.3 million Canadians have been diagnosed with osteoporosis, with seniors most commonly affected. Approximately 1 in 4 women and 1 in 8 men over the age of 50 in Canada have osteoporosis, and fractures caused by osteoporosis are in fact more common in Canada than heart attack, stroke, and breast cancer combined.

You may be at greater risk of osteoporosis if you are a senior, have a family history of osteoporosis, don't consume enough calcium, vitamin D and protein, if you smoke, drink too much coffee or alcohol, don't exercise, or have used certain medications such as cortisone or prednisone for a long time.

Osteoporosis is commonly referred to as "the silent thief" since many people don't experience any visible symptoms or signs of their bone weakness until a bone is broken. Bone loss occurs over many years, making early detection of osteoporosis critical. That's why it's so important to be proactive. All women and men over the age

of 65 should have their physician assess their risk of osteoporosis and schedule a bone mineral density (BMD) test that tells you whether you have osteoporosis or how likely you are to develop it in the future.

How to protect yourself from Osteoporosis

Diet and exercise play a critical role in the prevention and treatment of osteoporosis. Even for those already diagnosed with osteoporosis, there is always an opportunity to make improvements. It's truly never too late to start caring for your bones and strengthening the surrounding muscles that support them. Calcium, Vitamin D and milk product consumption, along with some weight-bearing exercise, are key factors in maintaining peak bone mass.

Calcium

Calcium is one of the most important nutrients responsible for the maintenance of strong bones. Experts recommend that all Canadian seniors consume 1200mg of calcium per day to slow down bone loss and reduce the risk of fracture. Studies have proven that milk products are the most absorbable (or bioavailable) form of calcium. They are also the preferred source of calcium as they contain other key nutrients that work synergistically to help support bone strength. While calcium supplements are important for when dietary intake alone is not possible, they are

absorbed at a slightly lower rate than consuming dairy. So adding a serving or two of your favourite milk products to your meals each day can make the best, most meaningful difference.

For a Heart to Home Meals pairing that's calcium and nutrient-rich, try the Chicken Pasta Florentine (300mg) Pg- 19 with a Cream of Tomato Soup (125mg) Pg- 54 for dinner, and enjoy a Raisin Tea Biscuit (125mg) Pg- 59 for dessert. This provides a total of 550mg of calcium - that's almost 50% of your daily recommended intake in one meal alone!

Vitamin D

Vitamin D is also integral in reducing the risk of osteoporosis. It helps to increase the absorption of calcium, ultimately building stronger bones. It also improves the function of muscles that help stabilize bones, thereby improving balance and decreasing the likelihood of falls. Experts recommend that all Canadian adults take a vitamin D3 supplement throughout the year, along with consuming dairy daily.

Unlike calcium, it's very difficult for Canadians to get their full recommended daily amount of vitamin D from natural sources alone. With our long Canadian winters, and the limited sunshine that comes with them, most of us simply don't get enough natural vitamin D, even when we try our best. That's why supplementation is recommended. For seniors, 600-800iu daily is a generally appropriate and safe dose to help increase the absorption of calcium, however this amount may fluctuate person to person. Your physician or healthcare provider can help ensure you find the amount that best fits your needs. Make sure you consult with them to determine that right personal dosage before starting any supplements.

Exercise

Finally, staying active will also be instrumental in helping to keep your bones strong. Regular physical activity builds strong muscles and bones, and also improves balance. Light weight bearing exercises such as walking, low-impact aerobics, dancing, aquafit, lifting weights, and golf are all excellent ways to keep bones and muscles strong while also enhancing your social life. Choosing activities you genuinely enjoy makes it much easier to stay consistent. Please be sure to consult your physician before beginning any exercise, health, or nutrition program to determine what may be right for you.



Watch Ask Andrea videos online!

? Do you have a healthy eating question for me?

E-mail it to:

askandrea@HeartToHomeMeals.ca

or mail it to:

**1010 Dairy Drive,
Ottawa, Ontario K4A 3N3**

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

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



Breakfast.

I enjoy my mornings with a delicious **Western Omelette** (page 42), a cup of coffee and a crossword puzzle... let's just say I always finish the Omelette but can't always finish the puzzle. - Elizabeth





Scrambled Eggs and Sausages

321g ● ● ●

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

84111 **\$11.15**



Hash Brown Breakfast

300g ● ● ●

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

84619 **\$10.55**



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**

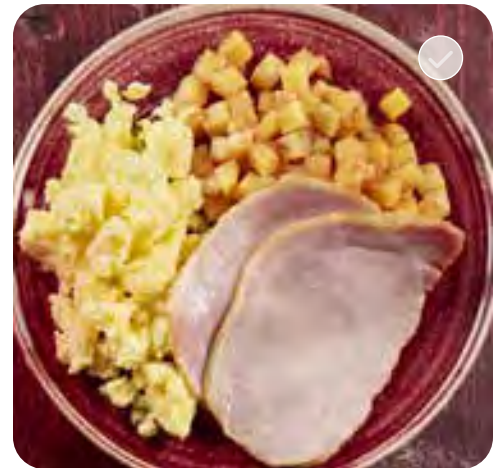


Cheddar Cheese Omelette and Sausages

301g ● ●

84720 **\$11.20**

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



Scrambled Eggs with Canadian Back Bacon

250g ● ● ●

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

84904 **\$12.50**



Western Omelette

300g

84777

● ● ●
\$11.00

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



Raisin Bran Muffin

90g

84255

● ●
\$3.50

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



Brown Sugar and Raisin Oatmeal

200g

84754

● ● ●
\$4.50

A creamy oatmeal made with brown sugar and sultana raisins.



Strawberries and Cream Oatmeal

200g

84825

● ● ●
\$4.50

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



Blueberry Yogurt Muffin

90g

84254

●
\$3.55

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



**Raisin Tea Biscuit
(6 pack)**

55g each



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

84260

\$11.45



**Cheese Tea Biscuit
(6 pack)**

55g each

Soft and doughy biscuits made with real cheese.

84281

\$10.90



**Blueberry Scones
(4 pack)**

75g each

Soft and doughy biscuits made with real blueberries.

84282

\$11.40



**Mealtime.
Made easy.**

- FREE delivery*
- No subscription
- Satisfaction guaranteed

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



Hearty Meals.

I work up an appetite playing Pickleball on Wednesday afternoons, so I always add a Hearty Meal to my order specifically for those nights. **Hearty Chicken Fried Rice** (page 46) is super flavourful and tender—unlike my forehand smash on the court. - *Vincent*



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 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**

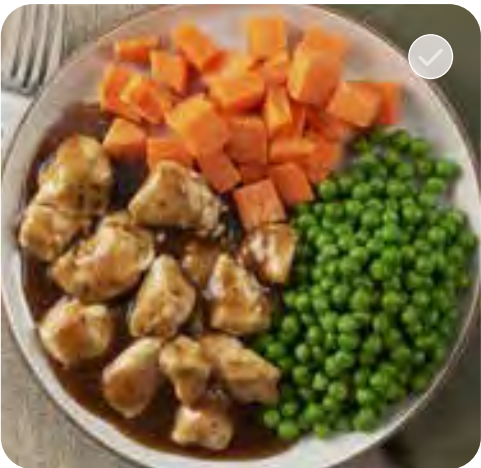


Hearty Beef Stew Gratin

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 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 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 Chicken Teriyaki

500g ● ●

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

84871 **\$12.80**



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 Chicken Fried Rice

505g ● ● ●

A heartier serving of chicken, fluffy fried rice and savoury stir fry sauce served with a vegetable mix.

84916 **\$13.00**



Hearty Turkey Dinner

500g ● ● ● ●

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

84742 **\$15.00**



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 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 Meals.

Your Mini Meals are so versatile! Sometimes I add them as a starter or side for dinner and sometimes I just crave a hot snack in the evening when watching my favourite shows. **Mini Macaroni and Cheese, Mini Baked Beans with Bacon, Mini Baked Potato with Cheddar and Broccoli Sauce** (page 50) - Lillian





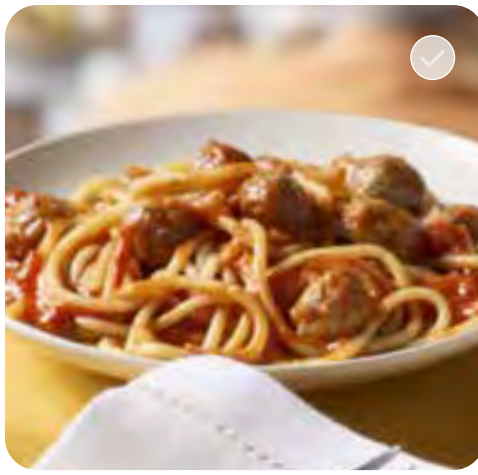
Mini Honey Garlic Chicken

200g

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

84587

\$8.20



Mini Spaghetti and Meatballs

207g

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

84681

\$6.55



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 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 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 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 Sweet and Sour Chicken

200g

84657

\$7.80

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



Mini Baked Beans with Bacon

200g

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

84799

\$7.75



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 Macaroni and Cheese

200g

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

84781

\$6.35

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!



Mini Traditional Pot Roast

225g

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

84667

\$9.30



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.

We're on the east coast, so we're pretty discerning when it comes to seafood. Your **New England Clam Chowder** (page 55) rivals some of the best bowls we've had in our almost 50 years together and certainly reminds us of back home. - *Rosanna*



Cream of Potato and Leek Soup

200g

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

84046 \$4.50



Beef and Vegetable Soup

200g

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

84045 \$4.25



Chicken Noodle Soup

200g

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

84050 \$4.40



Minestrone Soup

200g

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

84036 \$4.15



Chicken and Rice Soup

200g

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

84056 \$4.20



Carrot Ginger Soup

200g



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

84064

\$4.15



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



Italian Wedding Soup

200g

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

84057

\$4.20



Cream of Tomato Soup

200g

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

84044

\$4.45



Beef Barley Soup

200g

84049

\$4.35

Traditional and flavourful beef barley soup with chunky vegetables.



Cream of Corn and Bacon Soup

200g

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

84052 **\$4.35**



New England Clam Chowder

200g

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

84058 **\$4.40**



“Meals are delicious and affordable. Love the fact that they are delivered to your home free of charge. They have a great selection of different types of meals.”

Nora



Give the gift of nutritious and delicious meals.

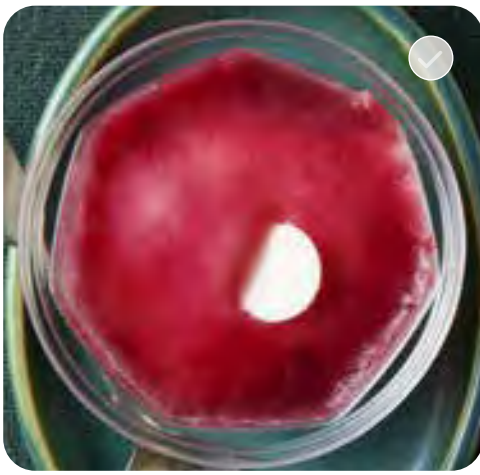
Share nutrition and well-being with a gift card from Heart to Home Meals! Visit our website or or call the toll-free number on the back of this menu for more information on how to purchase.





Dessert.

Your **Strawberry Shortcake** (page 57) is a hit when I have my friends over for tea, and I certainly look forward to it as an after-dinner treat when I am enthralled with a new novel! - *Susan*



Cherry Cheesecake Cup

85g ●

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

84263 **\$4.45**

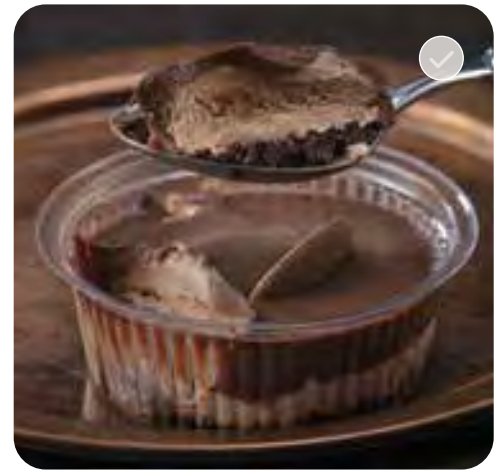


Tiramisu Cake Cup

85g ●

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

84264 **\$4.45**



Chocolate Caramel Mousse Cup

85g ●

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

84262 **\$4.50**



Black Forest Cake Cup

85g ●

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

84261 **\$4.50**



Strawberry Shortcake

60g ●

84241 **\$4.40**

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

Dessert

● High Fibre ● Vegetarian





Raspberry Tart

85g

84275

\$4.30

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

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.

**Extremely
tasty meals at
a good price**



"Delivered right to your door by a very charming driver. What more could you want!!"

Deborah



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

Spring/Summer 26 HeartToHomeMeals.ca



My Favourites



Cheese Tea Biscuit (Pack of 6)

55g each

Soft and doughy biscuits made with real cheese.

84281 **\$10.90**



Lemon Tart

A flaky crust and citrusy filling creates a crowd-pleasing treat.

Single (85g)

84272 **\$4.20**

Pack of 6 (67g each)

84285 **\$14.25**



Raisin Tea Biscuit (Pack of 6)

55g each

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

84260 **\$11.45**



Blueberry Scones (Pack of 4)

75g each

84282 **\$11.40**

Soft and doughy biscuits made with real blueberries.



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**

Dessert

● High Fibre ● Vegetarian



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



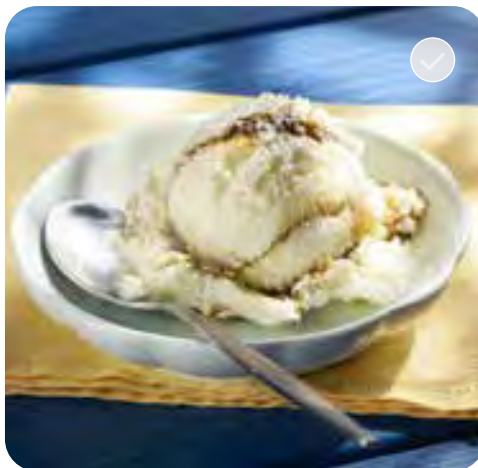
Orange Sorbet

63g

Orange flavoured sorbet (gluten and peanut free).

84237

\$1.50



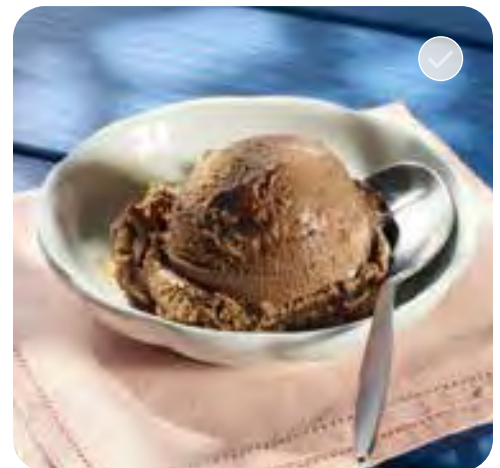
Butterscotch Swirl Ice Cream

63g

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

84249

\$1.50



Double Chocolate Ice Cream

63g

Double chocolate sundae (gluten and peanut free).

84209

\$1.50



Dessert

Spring/Summer 26 HeartToHomeMeals.ca

My Favourites

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.

I discovered your **Chicken Cacciatore Puree** following dental surgery when I had to avoid solid food for a week. Your surprisingly delicious pureed and minced meals made my recovery a lot more enjoyable. - *Harold*

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	1000	200	125	3
84649	Homestyle Meatloaf	●	●	●	●	●	360	320	23	30	6	2	13	4	0.3	45	500	800	300	100	2.5
84665	Traditional Pot Roast		●	●		●	335	220	19	26	4	3	4	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	43	7	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	600	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	36	7	7	13	4	0.4	40	490	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	360	600	300	75	4
84703	Swedish-Style Meatballs		●			●	359	400	18	30	6	1	24	11	1	55	1180	800	400	75	2.5
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	320	20	28	5	5	14	4	0.3	60	560	600	250	75	3
84769	Meatloaf with Rich Onion Gravy	●	●	●	●	●	315	340	23	35	5	6	15	4.5	0.3	45	380	650	100	100	3.5
84773	Cheddar Topped Shepherd's Pie	●	●		●	●	420	430	27	36	8	2	21	9	0.5	65	600	850	450	225	2.25
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)
84850	Meatballs in Mushroom Sauce		●			●	364	430	18	35	6	5	23	8	1	45	1090	750	350	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	34	5	5	9	2.5	0.3	60	780	750	175	75	3.5
84870	Salisbury Steak with BBQ Sauce	●	●	●		●	325	320	21	50	6	13	8	2.5	0.3	60	890	950	200	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	500	200	100	2.5
84914	French Onion Beef and Potato Casserole	●	●			●	305	430	26	26	5	3	25	10	0.5	70	660	700	350	250	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	260	20	33	6	2	6	1	0	25	690	800	350	40	1.5
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	360	29	41	5	5	9	1.5	0	80	710	700	350	50	2.25
84659	Sweet and Sour Chicken			●			320	340	19	55	1	16	3.5	0.5	0	45	680	350	225	30	0.5
84660	Chicken à la King		●			●	365	250	19	25	4	4	9	4.5	0.2	60	730	650	250	100	1
84661	Country Chicken	●	●	●		●	350	270	21	34	5	5	7	1	0	45	760	750	250	50	1.25
84673	Chicken Pot Pie		●	●		●	350	210	14	26	5	2	6	3	0.1	40	520	650	300	75	0.75
84724	Hunter's Chicken	●	●	●		●	340	230	27	23	4	3	3.5	0.5	0	80	530	750	300	40	1.25
84727	Chicken Thigh with Rich Onion Gravy	●	●	●		●	325	260	22	26	5	3	7	1.5	0	70	490	850	400	40	1.25
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	26	5	3	4	1	0	50	390	700	225	50	1
84772	Orange Chicken			●			340	440	14	74	3	26	9	1.5	0.1	25	580	450	225	75	2
84782	Butter Chicken	●	●				300	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	85	410	800	300	30	1.25

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)
84806	Honey Rosemary Chicken	●	●	●		●	320	280	21	42	6	13	3.5	0.5	0	45	680	650	250	50	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	360	28	37	4	6	12	4	0.1	70	460	650	350	75	1.25
84844	Chicken Souvlaki	●	●	●	●	●	310	260	27	40	4	5	1.5	0.4	0	65	200	650	300	75	1
84847	Sesame Chicken	●	●	●			310	330	27	44	1	18	6	1.5	0	65	630	450	300	30	0.5
84855	Chicken in a Creamy Mushroom Sauce	●	●	●	●	●	300	270	27	27	4	3	6	1.5	0.1	85	420	650	300	40	1.25
84856	Chicken Pasta Florentine	●	●			●	325	370	25	39	5	7	13	6	0.3	55	490	650	400	300	2.25
84857	Chicken Thigh with Creamy Tomato Sauce	●	●	●	●	●	300	340	25	26	4	8	14	3.5	0.1	80	350	900	350	125	2.25
84873	Chicken Piccata	●	●	●			305	260	26	21	3	3	8	2	0.1	80	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	320	24	38	6	5	8	1.5	0	80	480	650	300	125	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
84911	Grilled Chicken with Spinach Parmesan Sauce	●	●	●			300	290	28	22	3	6	11	4	0.2	95	580	650	250	75	1.5
84912	Grilled Chicken with Apple Cheddar Sauce	●	●	●	●	●	325	410	31	40	5	13	14	5	0.3	95	460	650	400	125	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
84655	Bangers and Mash		●			●	380	500	19	37	6	4	30	10	0	55	1210	700	300	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	340	11	48	4	4	12	3.5	0.1	15	780	500	150	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
84813	Tuna Pasta Casserole		●	●		●	300	290	14	41	5	6	9	3.5	0.1	20	560	400	150	100	2.5
84826	Haddock with Garlic Butter Sauce		●			●	355	320	19	28	4	3	15	9	0.4	70	600	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
84915	White Fish Piccata		●	●			315	230	17	29	3	4	4.5	1	0.1	50	740	500	250	50	0.75

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
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	9	40	8	4	6	0.5	0	0	780	750	175	150	2.5
84867	Tortellini Marinara		●	●			●	●	325	290	11	50	5	9	6	1	0	5	630	500	200	100	3
84890	Mushroom Stroganoff		●	●	●		●	●	320	300	13	43	8	9	9	2	0.1	35	410	550	225	100	3.5
84900	Indian Spiced Tofu	●	●	●	●		●	●	300	270	25	17	6	6	13	2	0	0	270	600	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
84910	Perogies with Mushroom Cheese Sauce			●			●	●	345	450	17	68	7	6	12	3	0.1	10	900	550	150	75	3.5

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	3	23	1	6	11	5	0	10	270	125	N/A	125	1.25	
84281	Cheese Tea Biscuits (6-pack)							55g ea	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	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	1030	700	350	75	1.25
84666	Hearty Traditional Pot Roast	●	●	●		●	510	340	26	40	6	4	7	1.5	0.1	50	1690	1000	400	50	3.5
84694	Hearty Beef Stew	●	●	●	●	●	500	470	33	41	7	5	18	6	0.4	75	650	1150	400	100	5
84742	Hearty Turkey Dinner	●	●	●		●	500	310	29	45	8	6	3.5	0.5	0	40	840	1150	400	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
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	1200	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	1140	1000	450	100	2.5
84916	Hearty Chicken Fried Rice	●		●		●	505	390	30	54	5	9	5	1.5	0	145	1370	850	300	125	2.5

Mini

● 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)
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	18	3	8	2.5	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	250	10	29	3	5	10	3.5	0.4	15	600	400	75	40	2.25
84692	Mini Shepherd's Pie	●	●				220	200	12	20	2	1	8	2.5	0.3	30	300	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	310	17	31	3	4	14	5	0.4	35	540	350	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	14	40	8	16	12	4	0.1	25	640	500	250	200	2.5

Soup

● 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)
84036	Minestrone Soup				200	70	3	13	2	2	2	0.2	0	0	370	150	30	40	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
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	120	4	14	1	2	5	1.5	0.1	5	450	175	30	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
84260	Raisin Tea Biscuit (6-pack)		●	55g ea	200	3	23	1	6	11	5	0	10	270	125	N/A	125	1.25
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

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)
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	25	21	4	6	15	2.5	0.2	55	690	700	300	75	1.75
16002	Vegetable Lasagna Puree		●	●	●	●	300	330	13	33	5	10	22	4.5	0.3	20	730	550	225	200	2.5
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	47	6	7	31	13	0.5	50	810	650	350	400	2
16005	Shepherd's Pie Puree	●	●	●	●		460	450	24	28	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	26	32	5	4	20	5	0.5	50	670	700	250	75	4
16009	Pot Roast Beef Puree	●	●	●	●		360	390	24	21	4	4	23	5	0.5	50	610	600	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	700	250	50	4.5
16017	Lemon Herb Fish Puree	●	●	●	●		410	430	23	41	5	7	19	5	0.3	55	1210	700	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	31	5	10	23	4	0.4	30	710	650	225	75	3.5
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	390	25	25	4	5	21	6	0.2	50	790	800	350	200	3

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	660	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	280	20	27	7	6	10	4	0.2	65	650	700	300	100	0.75
17005	Turkey Dinner	●	●	●	●		300	280	24	20	6	2	10	1.5	0.1	75	830	550	300	50	3
17006	Pesto Chicken	●	●	●	●		320	280	20	30	7	7	10	4	0.2	60	640	650	300	125	1
17009	Pasta Primavera		●	●	●	●	360	330	17	50	12	8	7	1	0	0	820	850	250	150	5
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	16	37	10	7	9	1.5	0.1	0	610	800	225	100	3.5

Thickened Soup

● 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	60	3	8	2	2	0.5	0.2	0	15	350	125	40	20	0.5	
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	10	1	1	2	0.5	0	15	450	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	280	21	42	4	4	3	0.4	0	45	320	450	300	40	1.5
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	320	450	175	50	1.5
10033	Chicken with Gravy	●	●	●	●		285	310	21	34	2	2	8	2	0	70	250	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

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Low Sodium

33032

Enjoy a worry-free meal filled with more flavour and less salt.

This bundle includes:

1. Chicken and Vegetable Casserole
2. Chicken Souvlaki
3. Spaghetti and Meat Sauce
4. Meatloaf Tomato Sauce
5. Pork with Stuffing
6. Mediterranean Glazed Haddock



All 6 dishes for \$68.75

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EASY ORDER BUNDLE

Customer favourites

33033

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. Boneless Pork Rib with Honey Garlic Sauce
5. Country Chicken
6. Mac & Cheese



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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



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EASY ORDER BUNDLE

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Enjoy a medley of unique flavour profiles with this bundle.

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



All 6 dishes for \$66.35

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

TRY US BUNDLE 33034

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to order



All 7 meals
only

\$74³⁵



Shepherd's Pie
(pg. 15)



Spaghetti and Meat Balls
(pg. 12)



Country Chicken
(pg. 21)



Chicken Teriyaki
(pg. 24)



Battered Haddock and Tots
(pg. 32)



Macaroni & Cheese
(pg. 36)



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



Cheddar Cheese Omelete and Sausages (pg. 41)

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