

apetito HFS
1010 Dairy Dr, K4A 3N3

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Frozen Meal Service



Welcome to our Menu



We understand that sometimes preparing meals everyday can be a chore. Our menu is full of tempting meals, soups and desserts delivered to your home.

Our 2020-21 menu features a handful of new meal additions, as well as flavour improvements to some of your traditional favourites.

Our meals are made with a focus on nutrition and taste and are quick frozen to preserve freshness. Creating a menu that is inclusive to most diet types is extremely important to us. Many of our meals are low in fat, low in calories and low in sodium. Our diet symbols will help you choose which meals are right for you. Turn to **page 1** for more information.

We also provide meals that are gluten-free, lactose-free, low sodium and have controlled levels of potassium and phosphorus.

In addition to regular textures, we offer a range of complete meals and soups for a minced or pureed diet. We hope you enjoy browsing through the menu.

You can place your order whenever you are ready.

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Diet symbols

Many of our meals, soups and desserts are classified with a diet symbols. You will find each item's symbol(s) after its description. Use them to select the meals suitable for your diet. The definitions are below.

NAS	No Added Sugar
	Desserts marked with this symbol contain no added sugar or ingredients containing added sugars.
GF	Gluten-Free
	These meals do not contain any gluten proteins or wheat.
LC	Low Calorie
	These meals contain 120 calories or less per 100g.
LF	Low Fat
	These meals contain 3g or less of fat per 100g.
LS	Low Sodium
	These meals contain 140mg or less of sodium per 100g.
V	Vegetarian
	These meals contain no meat, but may contain eggs or dairy such as milk or cheese.
VV	Vegan
	Vegetarian items that do not contain dairy or egg products.

Client letter

We recieved a heartfelt letter from a client expressing their gratitude for our meals.

They say,

“I have not had this much variety on a single plate for a long time. My response was and still is understated as to how much this means to my overall state of mind. The feeling of support is a tremendous boost to my morale. Thank you.”

Beef



Macaroni, Meat & Cheese Casserole 12005

Ground beef in tomato sauce, topped with macaroni and cheese with green and yellow beans and carrots. **355g**

Beef Stew 12008

With squash and mashed potatoes. **380g LC LF LS**

Salisbury Steak 12017

With mushroom gravy, home fried potatoes and mixed carrots, beans and pearl onions. **320g**

Chopped Swiss Steak 12046

In tomato gravy with squash and mashed potatoes. **365g LC LF LS**

Meatloaf in Mushroom Gravy 12062

With mashed potatoes, green and yellow beans and carrots. **350g LC LS**

Liver & Onions 12087

With mashed potatoes and mixed carrots, beans, peas and pearl onions. **355g LC LF**

Meat Lasagna 12092

With mixed orange and yellow carrots and green beans. **350g**

Shepherd's Pie 12108

With peas and carrots. **375g LC LF LS**

Italian-Style Breaded Veal 12109

Topped with tomato sauce and cheese, served with mashed potatoes and peas with carrots. **371g LC LF LS**

Spaghetti Bolognese 12111

With carrots. **340g LC LF**

Steak & Mushroom Pie 12118

With mixed carrots, beans, peas and pearl onions. **395g LC**

Meatballs in Gravy 12125

With mashed potatoes and carrots. **329g LC**

Beef Stroganoff 12130

Over egg noodles with peas. **330g LC LF LS**

Meatballs & Peppers 12146

In herb gravy with mashed potatoes and carrots. **337g LC**

Sliced Beef with Mushroom Gravy 12150

With mashed potatoes and mixed vegetables. **301g LC LF**

Traditional Pot Roast 12164

With country-style potatoes, carrots and green and yellow beans. **286g GF LC LF**

Oriental Beef NEW 12178

With white rice and peas. **305g LC LF**

BBQ Beef Patty NEW 12183

With a New England vegetable mix and mashed potatoes. **350g LC**

Sliced Beef with Creamy Peppercorn Sauce NEW 12184

With country style potatoes and a carrot & broccoli mix. **306g LC**

Chicken & Turkey

Chicken à la King

12001

With carrots and mashed potatoes.

360g LC LF

Country Chicken

12032

In gravy with mashed potatoes, stuffing and carrots.

320g LC LF

Breaded Chicken Breast

12057

On a red pepper rice pilaf topped with Caesar sauce and served with green and yellow beans and carrots.

390g LC

Chicken Cacciatore

12078

Rotini pasta in Mediterranean-style sauce with carrots and beans.

340g LC LF LS

Roast Chicken Thigh

12090

Boneless, skinless chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas.

275g LC LF

Lemon Chicken

12094

Battered chicken in lemon sauce with white rice, snap peas, baby corn and carrots.

320g LC LF LS

Breaded Chicken Fingers

12113

With French fries, peas and carrots.

290g

General Tso's Chicken

12114

Sweet and spicy battered chicken with rice pilaf and green beans.

300g LC LF

Chicken Stew

12116

With mashed turnip and green beans.

350g LC LF

Chicken Breast with Broccoli & White Cheddar Sauce

12124

With home fries and mixed carrots, beans, peas and pearl onions.

330g LC

Turkey Chili

12127

With white rice and mixed corn and green and red peppers.

340g LC LF LS

Chicken Pot Pie

12135

Chicken and vegetables in a cream sauce topped with pastry served with green beans and carrots.

355g LC

Chicken Pasta Rosé 12180



Chicken & Turkey

Sweet & Sour Chicken 12139

With white rice. **300g LC LF**

Chicken Breast with Bacon Cheddar Sauce 12141

With red-skinned potatoes and mixed vegetables. **315g GF LC**

Chicken with Mushroom Gravy 12142

Chicken breast with sweet potatoes and green beans. **335g LC LF LS**

Chicken with Honey BBQ Sauce 12148

With vegetable rice pilaf and mixed vegetables. **310g LC LF LS**

Turkey with Stuffing 12168

With mashed potatoes and peas. **340g LC LF**

Chicken with Tangy BBQ Sauce 12175

With a mix of peas and carrots and a side of red-skinned potatoes. **315g LC LF LS**

Sweet Curry Chicken NEW 12177

With rice pilaf and green beans. **320g LC LF**

Chicken and Chorizo Jambalaya NEW 12179

With green beans and carrots. **305g LC**

Chicken Pasta Rosé NEW 12180

With green beans. **350g LC LF**

Pork

Pork with Stuffing 12020

With country-style potatoes and carrots. **300g LC LF LS**

Rib-Style Pork Cutlet 12089

In barbeque sauce with squash and home fried potatoes. **320g**

Baked Ham 12115

In pineapple sauce with mashed potatoes and carrots. **295g LC LF**

Bangers & Mash 12138

With mashed potatoes, gravy and peas. **380g**

Seasoned Pork Loin 12143

With country-style potatoes and succotash. **310g LC LF**

Apple Braised Pork 12173

With mashed potatoes and a mix of peas and carrots. **350g LC LF**

Sweet & Sour Pork NEW 12181

With basmati rice Pilaf and vegetable mix. **305g LC LF LS**

Sweet & Sour Pork 12181



Fish

Fish Florentine 12003

A cheese sauce over haddock fillet on a bed of spinach is served with red-skinned potatoes and carrots. **325g LC**

Fish & Chips 12013

With mixed carrots, peas, green beans and corn. **240g**

Tuna Pasta Casserole 12018

With peas and carrots. **290g**

Salmon in Lemon Sauce 12063

Served with white rice and peas with carrots. **290g LC**

Asian-Style Glazed Salmon 12119

With rice and mixed vegetables. **282g LC LF LS**

Fish Cakes 12134

With French fries, peas and carrots. **250g**

Lemon Herb Fish 12167

Haddock with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans. **285g GF LC LF LS**



Fish Florentine 12003

Breakfast

Orange Juice 07085

114 mL LC LF LS VV

Apple Juice 07086

114 mL LC LF LS VV

Raisin Bran Muffin 08009

100g V

Carrot Muffin 08018

100g V

Cream of Wheat Cereal 94000

180g LC LF LS V

Oatmeal 94001

180g LC LF LS V



Raisin Bran Muffin 08009

Vegetarian & Cheese

Vegetarian Pasta Primavera 10007

With mixed orange and yellow carrots and green beans. **420g LC LF VV**

Cheese Omelette 10047

With home fried potatoes and stewed tomatoes. **279g V**

Vegetarian Stew 10060

With mashed potatoes and carrots mixed with beans. **415g LC LF VV**

Vegetarian Chili 10062

With white rice. **350g LC LF VV**

Vegetarian Dhal 10063

A mild lentil curry with basmati rice, carrots and zucchini. **335g GF LC LF VV**

Vegetable Lasagna 12021

With peas and pearl onions and mixed corn and green and red peppers. **365g LC V**

Macaroni & Cheese 12079

With mixed vegetables. **310g V**

Chana Masala 12131

With basmati rice. **340g LC LF VV**

Vegetarian Tofu Stew 12137

With white rice and green beans. **385g LC LF VV**

Tofu Teriyaki 12155

With rice and edamame. **305g LC LF VV**

Spaghetti with Tomato Sauce 12158

Topped with mozzarella cheese, with carrots and green and yellow beans. **375g LC LF V**

Scrambled Eggs & Home Fries 12176

With a side of baked beans in tomato sauce. **300g V**

Mexican Rice and Bean Casserole NEW 12182

Topped with cheese and served with a vegetable mix. **350g LC LF V**

Mexican Rice and Bean Casserole 12155



Soup



At *apetito HFS* we are constantly striving to produce the best possible products for our customers. So when we discovered we could lower the sodium across our entire soup range and still maintain the excellent flavours, we had to go for it. Each of our soups are made with **controlled levels of sodium*** without compromising on taste. We hope you enjoy them as much as we do!

Beef Barley Soup 93007

Homestyle barley soup featuring beef and vegetables. **200g LC LF**

Cream of Cauliflower Soup 93012

Cream-based soup featuring delicious cauliflower. **200g LC V**

Rice & Turkey Soup 93022

Savoury, homestyle soup featuring turkey, rice and vegetables. **200g LC LF LS**

Cream of Tomato Soup 93023

Classic soup made from a blend of tomatoes and cream. **200g LC LS V**

Beef & Vegetable Soup 93025

A healthy serving of beef and vegetables in a season-based broth. **200g LC LF**

Carrot Soup 93030

A delicious homestyle soup featuring a strong blend of carrots. **200g LC LF V**

Cream of Mushroom Soup 93032

Thick and creamy with a bold mushroom flavour. **200g LC V**

Split Pea & Ham Soup 93033

A rich, traditional favourite featuring a blend of peas and ham. **200g LC LF**

Cream of Potato & Leek Soup 93036

A blended mix of potatoes, leeks and cream. **200g LC V**

Broccoli Soup 93039

A delicious homestyle soup featuring a blend of broccoli and vegetables. **200g LC LF VV**

Chicken & Vegetable Soup 93051

A healthy serving of chicken and vegetables in a season-based broth. **200g LC LF**

Squash Soup 93063

Squash-flavoured soup featuring an assortment of warm spices. **200g LC LF VV**

Minestrone Soup 93354

Rustic, traditional soup featuring an assortment of vegetables, beans and pasta. **200g LC LF LS V**

Chicken Noodle Soup 93355

Diced chicken, pasta and vegetables in a homestyle broth. **200g LC LF**

Country Vegetable Soup 93356

A chunky selection of vegetables in a homestyle broth. **200g LC LF LS VV**

* 280mg of sodium or less per serving.

Dessert



Low Sugar Chocolate Mousse 09011

Also suitable for a pureed diet. 90g **LC V**

Low Sugar Strawberry Mousse 09021

Also suitable for a pureed diet. 90g **LC LF LS**

Low Sugar Tangerine Mousse 09041

Also suitable for a pureed diet. 90g **LC LF LS**

Butter Tart 14008

90g

Carrot Cake 14009

95g **V**

Apple Crisp 14011

95g **LS V**

Peach Cobbler 14012

132g **LS V**

Rice Pudding 14013

150g **LC LF LS V**

Cherry Cobbler 14014

120g **LS V**

Cherry Cheesecake 14014

40g **LS V**

Fruit Cocktail 14016

115g **LC LF LS VV**

Chocolate Brownie 14017

46g **NAS V**

Cherry Streusel 14026

83g **LS V**

Lemon Tart 14056

85g

Banana Cake 14058

66g

Cheesecake 14076

40g **NAS V**

Pecan Tart 14077

90g **LS**

Raspberry Tart 14080

85g **LS**

Strawberry Shortcake 14092

60g **LS V**

Lemon Layer Cake 14093

60g **LS V**

Chocolate Fudge Cake 14094

60g **LS V**

Sticky Toffee Pudding 14095

60g **V**

Orange Layer Cake 14096

60g **V**

Blueberry Cake 14313

40g **NAS V**

Blueberry Cake 14313



Special Diet

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

Apple Braised Pork 10012

With white rice, green beans and diced squash.
300g GF LC LF LS

Beef & Vegetable Casserole 10017

With white rice and peas.
275g GF LC LF LS

Herbed Fish 10018

With white rice and peas.
278g GF LC LF LS

Hawaiian Chicken 10020

With white rice and carrots.
310g GF LC LF LS

Turkey with Gravy 10021

With white rice, green beans and squash.
270g GF LC LF LS

Chicken with Gravy 10033

With white rice and green beans.
285g GF LC LF LS

Beef Pot Roast 10054

With white rice and peas. **255g GF LC LS**

*Potassium less than 650mg and
Phosphorous less than 330mg per serving.

Gluten-Free*

Vegetarian Dhal 10063

A mild lentil curry with basmati rice,
carrots and zucchini. **335g GF LC LF VV**

Chicken Breast with Cheddar & Bacon Sauce 12141

With red-skinned potatoes and
mixed vegetables. **315g GF LC**

Traditional Pot Roast 12164

With country-style potatoes, carrots and
green and yellow beans. **286g GF LC LF**

Lemon Herb Fish 12167

Haddock with a creamy herb sauce,
served with red-skinned potatoes and mixed
carrots and green beans. **285g GF LC LF LS**

Traditional Pot Roast 12164



Pureed

Chicken à la King 16001

With mashed potatoes and carrot puree. **410g LC**

Vegetable Lasagna 16002

With pureed broccoli and pureed carrots. **300g LC LF**

Apple Braised Pork 16003

With sweet potatoes and green bean puree. **410g LC**

Macaroni & Cheese 16004

With mashed potatoes and broccoli puree. **410g**

Shepherd's Pie 16005

With mashed potatoes, peas and carrot puree. **460g LC**

Turkey Dinner 16006

With mashed potatoes, squash and pumpkin puree. **360g LC LF**

Beef & Vegetable Casserole 16007

With mashed potatoes and broccoli puree. **410g LC LF**

Beef Pot Roast 16009

With mashed potatoes and carrot puree. **360g LC**

Sweet & Sour Chicken 16011

With mashed potatoes and mixed vegetable puree. **410g LC**

Meatloaf 16016

With mashed potatoes, squash and pumpkin puree. **410g LC**

Lemon Herb Fish 16017

With mashed potatoes and minced vegetable puree. **410g**

Chicken Cacciatore 16018

With mashed potatoes and pea puree. **425g LC LF**

Spaghetti Bolognese 16020

With mashed potatoes and green bean puree. **415g LC**

Turkey Casserole 16021

With mashed potatoes and green bean puree. **410g LC LF**

Creamed Salmon 16023

With mashed potatoes and spinach puree. **350g LC**



Minced

Beef Dinner

17001

With mashed potatoes and minced peas. **365g LC LF**

Apple Braised Pork

17002

With mashed potatoes and minced green beans. **380g LC**

Ham

17003

With mashed potatoes and minced yellow beans. **335g LC LF**

Chicken à la King

17004

With mashed potatoes and minced carrots. **375g LC**

Turkey Dinner

17005

With mashed potatoes and minced mixed vegetables. **345g LC LF**

Pesto Chicken

17006

With mashed potatoes and minced mixed vegetables. **360g LC LF LS**

Pasta Primavera

17009

With mashed potatoes and minced peas. **400g LC LF VV**

Beef Stew

17010

With mashed potatoes and minced carrots. **420g LC LF LS**

Honey Dijon Pork

17012

With mashed potatoes and minced green beans. **355g LC LF LS**

Vegetarian Stew

17013

With mashed potatoes and minced peas. **320g LC LF LS V**

Sweet & Sour Chicken

17014

With mashed potatoes and minced peas. **300g LC LF LS**

Thickend Soup

Broccoli

13053

Puree of broccoli. **160g LC LF**

Carrot

13054

Puree of carrot. **160g LC**

Cauliflower

13055

Puree of cauliflower. **160g LC LF**

Chicken Noodle

13056

Puree of chicken, celery, carrots and egg noodles. **160g LC LF**

Mushroom

13057

Puree of mushroom. **160g LC**

Tomato Beef

13058

Puree of tomato, beef, potatoes and carrots. **160g LC LF**



Mushroom 13057

Notes

All items detailed in this brochure are subject to availability and may change periodically.
For up to date nutritional information visit:

my.apetito.ca/nutridata