

**apetito**

1010 Dairy Dr, K4A 3N3

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**Frozen Meal Service**

# Welcome

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 delicious meals can easily be heated in the microwave or oven for your convenience.

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 are extremely important to us. Many of our meals are low in fat, low in calories and low in sodium. Our diet code symbols will help you choose which meals are right for you. Turn to page 1 for more information.

We also provide a comprehensive range of special diet meals including gluten-free, lactose-free, low sodium, Halal and texture modified meals suitable for minced or pureed diets. You can learn more about our special diets on page 19.

*"Our latest menu features a number of delicious new dishes for you to try. Our culinary team have carefully crafted 8 new and improved recipes to ensure a variety of comforting classics and vibrant new flavours to meet your needs. From Cheese Pierogies to Chicken Teriyaki, we have something for everyone!"*

**Chef Stef Camargo**



## The Menu

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# Diet symbols

GF

## Gluten-Free

These meals do not contain any gluten proteins or wheat.

LC

## Low Calorie

These meals contain 120 calories or less per 100 g.

LF

## Low Fat

These meals contain 3 g or less of fat per 100 g.

LS

## Low Sodium

These meals contain less than 140 mg of sodium per 100 g.

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.



## Halal

Certified as Halal by ISNA.



## Lactose-free

Contains no detectable lactose and has controls to prevent lactose cross-contamination.

## Our Menu

# Chicken & Turkey

**12141**  
Chicken Breast with Cheddar & Bacon Sauce

## CHICKEN À LA KING

12001

With carrots and mashed potatoes.

360 g **LC**

## NEW CHICKEN BIRYANI

12022

Paired with rice and a side of peas.

300 g **LC** **LF** **حلال**

## NEW LEMON & HERB CHICKEN SOUVLAKI

12025

Paired with rice and a blend of peas and diced turnips.

330 g **LC** **LF** **LS** **حلال**

## NEW SWEET CURRY CHICKEN

12027

Served with rice and a side of peas.

235 g **LF** **حلال**

## COUNTRY CHICKEN

12032

In gravy with mashed potatoes, stuffing and carrots.

320 g **LC** **LF**

## CHICKEN CACCIATORE

12078

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

340 g **LC** **LF** **LS**

## ROAST CHICKEN THIGH

12090

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

275 g **LC**

## LEMON CHICKEN

12094

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

320 g **LC** **LF** **LS**

## BREADED CHICKEN FINGERS

12113

With potatoes and vegetable blend.

290 g



## GENERAL TSO'S CHICKEN

12114

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

300 g  

## CHICKEN STEW

12116

With country style potatoes and mixed carrots, beans, peas and pearl onions.

350 g 

## CHICKEN BREAST WITH BROCCOLI & CHEDDAR SAUCE

12124

With country style potatoes and mixed carrots, beans, peas and pearl onions.

330 g 

## TURKEY CHILI

12127

Served with white rice and California corn medley.

340 g   

## CHICKEN POT PIE

12135

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

355 g 

## SWEET & SOUR CHICKEN

12139

With white rice.

300 g  

## CHICKEN BREAST WITH BACON CHEDDAR SAUCE

12141

With red-skinned potatoes and mixed vegetables.

315 g  

## CHICKEN WITH MUSHROOM GRAVY

12142

Chicken breast with sweet potatoes and green beans.

335 g   

## CHICKEN WITH HONEY BBQ SAUCE

12148

With vegetable rice pilaf and mixed vegetables.

310 g   

## TURKEY WITH STUFFING

12168

With mashed potatoes and peas.

340 g  

## CHICKEN WITH TANGY BBQ SAUCE

12175

With a mix of peas and carrots and a side of red-skinned potatoes.

315 g   

## CHICKEN PASTA ROSÉ

12180

With green beans.

350 g  

## HONEY APPLE GLAZED CHICKEN

12187

With mixed vegetables and mashed potatoes.

340 g  

## NEW BUTTER CHICKEN

12192

Served with rice and a side of green beans.

340 g  

## NEW CHICKEN TERIYAKI

12201

Served with rice.

350 g  



# Beef

**12200**  
Spanish Rice with beef

## BEEF POT ROAST

With white rice and peas.

**259 g** **GF** **LC** **LF** **LS**

## MACARONI MEAT & CHEESE CASSEROLE

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

**355 g** **LC**

## BEEF STEW

With squash and mashed potatoes.

**380 g** **LC** **LF** **LS**

**10054**

**12005**

**12008**

## NEW BEEF CURRY

Paired with rice and a side of green beans.

**300 g** **LC** **LF** **حلال**

**12023**

## NEW SPICY BEEF STEW

Paired with rice and a side of diced turnips and carrots.

**280 g** **LC** **LF** **حلال**

**12026**

## CHOPPED SWISS STEAK

In tomato gravy with squash and mashed potatoes.

**365 g** **LC** **LF** **LS**

**12046**

## MEATLOAF IN MUSHROOM GRAVY

With mashed potatoes, green and yellow beans and carrots.

**350 g** **LC** **LS**

**12062**

## LIVER & ONIONS

With mashed potatoes and vegetable blend.

**355 g** **LC**

**12087**

## MEAT LASAGNA

With mixed orange and yellow carrots and green beans.

**350 g**

**12092**

## SHEPHERD'S PIE

With peas and carrots.

**375 g** **LC** **LF** **LS**

**12108**

## SPAGHETTI BOLOGNESE

With carrots.

**340 g** **LC**

**12111**

## STEAK & MUSHROOM PIE

With mixed carrots, beans, peas and pearl onions.

**395 g** **LC**

**12118**



## MEATBALLS IN GRAVY

12125

With mashed potatoes and carrots.

329 g 

## BEEF STROGANOFF

12130


Over pasta with peas.

330 g

## MEATBALLS & PEPPERS

12146

In herb gravy with mashed potatoes and carrots.

337 g 

## SLICED BEEF

12150

### WITH MUSHROOM GRAVY

With mashed potatoes and mixed vegetables.

305 g  

## TRADITIONAL POT ROAST

12164

With country-style potatoes, carrots and green and yellow beans.

286 g   

## ASIAN-STYLE BEEF

12178

With white rice and peas.

305 g  

## MEATLOAF WITH TOMATO SAUCE

12185

With mixed carrots, green beans, peas and corn.

330 g  

## NEW SALISBURY STEAK WITH ONION GRAVY

12199

With red-skinned potatoes and carrots.

330 g 

## NEW SPANISH RICE WITH BEEF

12200

Served with a mix of corn, zucchini, red peppers, and butternut squash.

310 g  

# Pork



12089

BBQ Rib Style Pork Cutlet

## PORK WITH STUFFING

12020

With country-style potatoes and carrots.

300 g   

## RIB-STYLE PORK CUTLET IN BARBECUE SAUCE

12089

In barbeque sauce with squash and home fried potatoes.

320 g

## BAKED HAM

12115

In pineapple sauce with mashed potatoes and carrots.

295 g  

## BANGERS & MASH

12138

With mashed potatoes, gravy and peas.

380 g

## SEASONED PORK LOIN

12143

With country-style potatoes and succotash.

310 g  

## APPLE BRAISED PORK

12173

With mashed potatoes and a mix of peas and carrots.

350 g  

## SWEET & SOUR PORK

12181

With basmati rice pilaf and vegetable mix.

305 g   

# Fish



**12204**  
Shrimp with Tomato Pepper Sauce

## FISH FLORENTINE

12003

A cheese sauce over a cod fillet on a bed of spinach is served with red-skinned potatoes and carrots.

325 g **LC**

## IMPROVED FISH & COUNTRY STYLE

12013

### POTATOES

Battered cod served with country style potatoes and a side of peas.

240 g

## IMPROVED TUNA PASTA CASSEROLE

12018

Served with a side of carrots and peas.

290 g **LC** **LF** **LS**

## SALMON IN LEMON SAUCE

12063

Served with white rice and peas with carrots.

290 g **LC** **LF**

## ASIAN-STYLE GLAZED SALMON

12119

With rice and mixed vegetables.

282 g **LC** **LF** **LS**

## FISH CAKES

12134

With potatoes, peas and carrots.

250 g **LF**

## LEMON HERB FISH

12167

Cod with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans.

285 g **GF** **LC** **LF** **LS**

## NEW SHRIMP

12204

### WITH TOMATO PEPPER SAUCE

With rice and a side of peas and diced carrots.

310 g **LC** **LF** **LS**



# Vegetarian & Cheese

12206

Cheese Perogies with Sour Cream Sauce

## VEGETARIAN PASTA PRIMAVERA

10007

With mixed orange and yellow carrots and green beans.

420 g   

## CHEESE OMELET

10047

With home fried potatoes and stewed tomatoes.

279 g  

## VEGETARIAN STEW

10060

With mashed potatoes and carrots mixed with beans.

415 g   

## VEGETARIAN CHILI

10062

With white rice.

350 g   

## VEGETARIAN DHAL

10063

A mild lentil curry served with basmati rice, and a blend of carrots and zucchini.

335 g      

## VEGETABLE LASAGNA

12021

With peas and pearl onions and mixed corn and green and red peppers.

365 g  

## MACARONI & CHEESE

12079

With mixed vegetables.

310 g 

## CHANA MASALA

12131

Served with basmati rice.

340 g     

## SPAGHETTI WITH TOMATO SAUCE

12158

Topped with mozzarella cheese, with carrots and green and yellow beans.

375 g   

## SCRAMBLED EGGS & HOME FRIES

12176

With a side of baked beans in tomato sauce.

300 g  

## MEXICAN RICE & BEAN CASSEROLE

12182

Topped with cheese and served with a vegetable mix.

350 g   

## NEW SWEET AND SOUR TOFU

12203

With basmati rice and a vegetable side of asparagus and peas.

320 g    

## NEW CHEESE PEROGIES WITH SOUR CREAM SAUCE

12206

Paired with mixed carrots, peas, green beans, and pearl onions.

285 g 

# Soup

93354  
Minestrone Soup



## BEEF BARLEY SOUP

93007

Homestyle barley soup featuring beef and vegetables.

200 g

## CREAM OF CAULIFLOWER SOUP

93012

Cream-based soup featuring delicious cauliflower.

200 g  

## TURKEY RICE SOUP

93022

Savoury, homestyle soup featuring turkey, rice and vegetables.

200 g

## CREAM OF TOMATO SOUP

93023

Classic soup made from a blend of tomatoes and cream.

200 g 

## BEEF & VEGETABLE SOUP

93025

A healthy serving of beef and vegetables in a season-based broth.

200 g

## CARROT SOUP

93030

A delicious homestyle soup featuring a strong blend of carrots.

200 g 

## CREAM OF MUSHROOM SOUP

93032

Thick and creamy with a bold mushroom flavour.

200 g 

## SPLIT PEA & HAM SOUP

93033

A rich, traditional favourite featuring a blend of peas and ham.

200 g

## CREAM OF POTATO & LEEK SOUP

93036

A blended mix of potatoes, leeks and cream.

200 g 

## BROCCOLI SOUP

93039

A delicious homestyle soup featuring a blend of broccoli and vegetables.

200 g  

## CHICKEN & VEGETABLE SOUP

93051

A healthy serving of chicken and vegetables in a season-based broth.

200 g

## MINESTRONE SOUP

93354

Rustic, traditional soup featuring an assortment of vegetables, beans and pasta.

200 g 

## CHICKEN NOODLE SOUP

93355

Diced chicken, pasta and vegetables in a homestyle broth.

200 g

## COUNTRY VEGETABLE SOUP

93356

A chunky selection of vegetables in a homestyle broth.

200 g 

## SQUASH SOUP








93063

Squash-flavoured soup featuring an assortment of warm spices.

200 g  



# Breakfast

























ORANGE JUICE	07085
114 mL  	
APPLE JUICE	07086
114 mL  	
RAISIN BRAN MUFFIN	08009
100 g 	
CARROT MUFFIN	08018
100 g 	
CREAM OF WHEAT WITH MILK & SUGAR	94000
180 g 	
OATMEAL WITH MILK & SUGAR	94001
180 g 	

94001  
Oatmeal with Milk & Sugar

# Dessert



14104  
Apple Pie Square

BUTTER TART 90 g 	14008
CHERRY CHEESECAKE 40 g 	14015
FRUIT COCKTAIL 115 g  	14016
LEMON TART 85 g 	14056
PECAN TART 90 g 	14077
RASPBERRY TART 85 g 	14080
STRAWBERRY SHORTCAKE 100 g 	14092
LEMON LAYER CAKE 60 g 	14093
CHOCOLATE FUDGE CAKE 60 g 	14094
STICKY TOFFEE PUDDING 60 g 	14095
ORANGE LAYER CAKE 60 g 	14096
BANANA CAKE 60 g  	14102
CARROT LOAF 56 g  	14103
APPLE PIE SQUARE 65 g  	14104
BROWNIE 60 g  	14105
APPLE CAKE 60 g  	14106
BLUEBERRY SCONE 100 g  	14107

# Special Diet

**10012**  
Apple Braised Pork

Suitable for Gluten-Free, Lactose-Free, and Low Sodium.

## APPLE BRAISED PORK

**10012**

With white rice, green beans and diced squash.

**300 g** GF LC LF LS

## BEEF & VEGETABLE CASSEROLE

**10017**

With white rice and peas.

**275 g** GF LC LF LS

## HERBED FISH

**10018**

With white rice and peas.

**278 g** GF LC LF LS

## HAWAIIAN CHICKEN

**10020**

With white rice and carrots.

**315 g** GF LC LF LS

## TURKEY WITH GRAVY

**10021**

With white rice, green beans and squash.

**270 g** GF LC LF LS

## CHICKEN WITH GRAVY

**10033**

With white rice and green beans.

**285 g** GF LC LF LS

# Halal

**12192**  
Butter Chicken

## VEGETARIAN DHAL

**10063**

A mild lentil curry served with basmati rice, and a blend of carrots and zucchini.

**335 g** GF LC LF V VV

## NEW CHICKEN BIRYANI

**12022**

Paired with rice and a side of peas.

**300 g** LC LF

## NEW BEEF CURRY

**12023**

Paired with rice and a side of green beans.

**300 g** LC LF

## NEW LEMON & HERB CHICKEN SOUVLAKI

**12025**

Paired with rice and a blend of peas and diced turnips.

**330 g** LC LF LS

## NEW SPICY BEEF STEW

**12026**

Paired with rice and a side of diced turnips and carrots.

**280 g** LC LF

## NEW SWEET CURRY CHICKEN

**12027**

Served With rice and a side of peas.

**235 g** LF

## CHANA MASALA

**12131**

Served with basmati rice.

**340 g** LC LF V VV

## NEW BUTTER CHICKEN

**12192**

Served with rice and a side of green beans.

**340 g** LC



# Pureed

16020  
Spaghetti Bolognese Purée

## TURKEY PURÉE

16006

With mashed potatoes, squash and pumpkin purée.

360 g 

## BEEF & VEGETABLE CASSEROLE PURÉE

16007

With mashed potatoes and broccoli purée.

360 g 

## BEEF POT ROAST PURÉE

16009

With mashed potatoes and carrot purée.

360 g 

## SWEET & SOUR CHICKEN PURÉE

16011

With mashed potatoes and mixed vegetable purée.

360 g  

## MEATLOAF PURÉE

16016


With mashed potatoes, squash and pumpkin purée.

410 g 

## CHICKEN À LA KING PURÉE

16001

With mashed potatoes and carrot purée.

360 g 

## VEGETABLE LASAGNA PURÉE

16002

With pureed broccoli and pureed carrots.

300 g  

## APPLE BRAISED PORK PURÉE

16003

With mashed sweet potatoes and carrot purée.

360 g

## MACARONI & CHEESE PURÉE

16004

With mashed potatoes and broccoli purée.

410 g  

## SHEPHERD'S PIE PURÉE

16005

With mashed potatoes, peas and carrot purée.

460 g 

## LEMON HERB FISH PURÉE

16017

With mashed potatoes and mixed vegetable purée.

410 g 

## CHICKEN CACCIATORE PURÉE

16018

With mashed potatoes and pea purée.

360 g 

## SPAGHETTI BOLOGNESE PURÉE

16020

With mashed potatoes and carrot purée.

360 g 

## TURKEY CASSEROLE PURÉE

16021

With mashed potatoes and carrot purée.

360 g 

## CREAMED SALMON PURÉE

16023

With mashed potatoes and spinach purée.


360 g 

# Minced

## MINCED BEEF

17001

With mashed potatoes and minced peas.

325 g 

## MINCED APPLE BRAISED PORK

17002

With mashed potatoes and minced green beans.

340 g 

## MINCED HAM

17003


With mashed potatoes and minced yellow beans.

300 g 

## MINCED CHICKEN À LA KING

17004

With mashed potatoes and minced carrots.

335 g 

## MINCED TURKEY

17005


With mashed potatoes and minced mixed vegetables.

300 g 

## MINCED PESTO CHICKEN

17006

With mashed potatoes and minced mixed vegetables.

320 g 

## MINCED PASTA PRIMAVERA

17009

With mashed potatoes and minced peas.

360 g   

## MINCED BEEF STEW

17010

With mashed potatoes and minced carrots.

310 g 

## MINCED HONEY DIJON PORK

17012

With mashed potatoes and minced green beans.

315 g 

## MINCED VEGETARIAN STEW

17013

With mashed potatoes and minced peas.

320 g   

# Thickened Soup



13058

Thickened Tomato Beef Soup

## THICKENED BROCCOLI SOUP

13053

Puree of broccoli.

160 g 

## THICKENED CARROT SOUP

13054

Puree of carrot.

160 g

## THICKENED CAULIFLOWER SOUP

13055

Puree of cauliflower.

160 g

## THICKENED CHICKEN NOODLE SOUP

13056

Puree of chicken, celery, carrots and egg noodles.

160 g

## THICKENED MUSHROOM SOUP

13057

Puree of mushroom.

160 g

## THICKENED TOMATO BEEF SOUP

13058

Puree of tomato, beef, potatoes and carrots.

160 g

All nutritional, ingredient and allergen information are correct at time of publishing. From time to time, we may improve our products and update their labels, therefore, we always recommend referring to the product label for up-to-date information. Additionally, all items detailed in this brochure are subject to availability and may change periodically.