

NAME:  
ADDRESS:  
CITY:  
PHONE:  
DATE:

# Frozen Meal Order Form

**2235 Parkedale Ave.**  
**Brockville, ON**  
**K6V 6B2**



**1-800-465-7646**  
or  
**613-342-3693**  
**ext. 2033**

Entrees	@ \$6.00	
Soups	@ \$2.00	
Desserts	@ \$2.00	
Full Meals	@ \$10.00	
<b>TOTAL:</b>		<b>COD:</b>
<b>Bill To:</b>	VAC	SMILE ICART Client CPHC

## Perth Entrees

## Our Little Secret Entrees

### BEEF

- Meatloaf**  
(Mashed Potatoes/Carrots)
- Hamburger Steak \* (D)**  
(Hashbrown Casserole/Green Beans)
- Beef Stew in Gravy \* (GF/D)**  
(Mashed Potatoes/Turnip/Carrots)
- Roast Beef \* (GF/D)**  
(Mashed Potatoes/Peas/Carrots)
- Liver & Onions \* (GF)**  
(Roasted Potatoes/Corn)

### PORK

- BBQ Pork Riblet**  
(Hashbrown Casserole/Beans)
- Pork Sausage in Tomatoes**  
(Mashed Potatoes/Peas/Corn/Carrots)
- Ham**  
(Scalloped Potatoes/Brown Beans)
- Stuffed Pork Loin**  
(Rice Pilaf/Green Beans)
- Roast Pork\* (GF/D)**  
(Mashed Potatoes/Carrots)

### BEEF

- Meatloaf**  
(Whipped Potatoes/Green Beans)
- Spaghetti** (Garlic Bun)
- Meatballs** (Rice/Garlic Green Beans)
- Roast Beef\***  
(Mashed Potatoes/Carrots)
- Meat Lasagna (D)**  
(Garlic Bread/Corn)

### PORK

- Ham** (Scalloped Potatoes/Corn)
- Roast Pork (D)**  
(Potatoes/Cauliflower+ Cheese Sauce)
- Mac n' Cheese \***  
(Pulled Pork & Cauliflower)

**GF Gluten Free**  
**D-Diabetic Friendly**  
(under 5g of sugar)  
**\* Low Sodium**

### VEGETARIAN

- Cheese & Veggie Omelet (D)**  
(Potatoes/Apple Sauce)
- Chow Mein Noodles (D)**  
(Honey Garlic Sauce)
- Vegetable Lasagna \* (D)**

### POULTRY

- Tomato Oregano Chicken\* (GF/D)**  
(Mashed Potatoes/Green Beans)
- Herb & Garlic Chicken\* (GF/D)**  
(Roasted Potatoes/Peas/Carrots)
- Chicken Stew (D)**  
(Mashed Potatoes/Green Beans)
- Chicken Parmesan** (Rice Pilaf/Peas)
- Roasted Turkey**  
(Mashed Potatoes/Stuffing/Corn)

### FISH

- Salmon\* (GF)**  
(Lemon Dill Sauce/Rice Pilaf/Peas)
- Haddock\* (GF/D)**  
(Mashed Potatoes/Green Beans)

### POULTRY

- Sweet & Sour Chicken** (Rice)
- Chicken Pot Pie \* (D)**
- Chicken Parmesan (D)**  
(Mashed Potatoes & Peas)
- Chicken Stew \* (D)**  
(Mashed Potatoes)
- Turkey & Stuffing (D)**  
(Potatoes/Maple Glazed Carrots)

### FISH

- Pan-Fried Pollock (D)**  
(Potatoes/Green Bean Casserole)

### PASTA

- Meat Lasagna**
- Macaroni & Cheese**

## DESSERTS

### CAKES

- Carrot w/Cream Cheese Icing
- Chocolate w/Chocolate Icing
- Lemon w/Lemon Glaze
- Banana w/Brown Sugar Icing
- Strawberry Poke Cake Mixed
- Berry Cheesecake

### TARTS

- Buttertart
- Apple Crumble
- Strawberry Tart
- Peach-Blackberry Tart

### LOAF SLICES

- Banana
- Orange-Cranberry
- Lemon-Blueberry

### SQUARES

- Date
- Pineapple Coconut
- Peanut Butter Swirl
- Brownie
- Oatmeal Raisin

### SCONES

- Banana Bread
- Raspberry
- Cinnamon Bun

## SOUPS \* (All low sodium)

- |                        |                         |
|------------------------|-------------------------|
| Beef Barley            | Chicken Rice (GF)       |
| Italian Meatball       | Broccoli Cheese         |
| Hamburger Macaroni     | Vegetable Pasta         |
| Chicken Noodle Chicken | Split Pea with Ham (GF) |
| Corn Chowder Chicken   | Zucchini                |
| Vegetable (GF)         | Cabbage Roll (GF)       |
|                        | Tomato                  |