

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	
TOTAL:		COD:
Bill To:	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

- Salisbury Steak (D)**
(Egg Noodles/Peas)
- Spaghetti** (Garlic Bun)
- Meatballs in Gravy**(Mashed Potatoes/ Green Beans)
- Roast Beef***
(Mashed Potatoes/Carrots)
- Cabbage Roll (D)** (Brown Beans/ Corn)
- Shepherd's Pie*** (Bun/Baked Beans)

PORK

- Ham** (Scalloped Potatoes/ Broccoli/Cauliflower)
- Roast Pork (D)** (Potatoes/ Cauliflower+ Cheese Sauce)
- Bangers & Mash** (Brown Beans)
- Stuffed Pork Loin ***
(Rice, Mixed Veg / Apple Sauce)

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)

PASTA

- Meat Lasagna**
- Macaroni & Cheese Dinner**

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

*** More Vegetarian Dishes Available By Request**

POULTRY

- Sweet & Sour Chicken** (Rice)
- Chicken Pot Pie * (D)**
(Peas / Carrots)
- Chicken Fettuccini (D)**
(Broccoli / Garlic Bun)
- Turkey & Stuffing (D)**
(Potatoes/Maple Glazed Carrots)

VEGETARIAN

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

** More Vegetarian Dishes Available by Request*

FISH

- Pan-Fried Pollock (D)**
(Potatoes/Green Bean Casserole)
- Fish Cakes** (Potato Wedges)

DESSERTS

CAKES

- Carrot w/Cream Cheese Icing (D)
- Pineapple Cake
- Spice Cake (D)
- Banana w/Brown Sugar Icing
- Chocolate Chip Cake
- Strawberry Cheesecake

TARTS

- Buttertart
- Apple Crumble
- Cherry
- Raisin

LOAF SLICES

- Blueberry
- Orange-Cranberry
- Lemon-Blueberry

SQUARES

- Date Squares
- Pineapple Coconut
- Lemon
- Oatmeal Raisin

SCONES

- Cheese & Bacon
- Raspberry
- Maple Pecan

SOUPS * (All low sodium)

- Beef Barley
- Italian Sausage
- Hamburger Macaroni
- Chicken Noodle
- Potato Bacon
- Chicken Vegetable (GF)
- Chicken Rice (GF)
- Broccoli Cheese
- Vegetable
- Split Pea with Ham (GF)
- Cream of Mushroom
- Cabbage Roll (GF)
- Tomato