

Frozen Meals – Ingredients List *(symbols revised on Jan 31, 2019 from Carefor)*

ABM Seniors At Home (613) 623-7981

- ♣ Low Sodium (LS)
- ♦ Diabetic (D)
- ♥ Low Fat (LF)
- ♠ No Added Salt (NAS)

12005	Macaroni and Meat	♣ ♠ LS/NAS	Ground beef/tomato mixture with macaroni and cheese topping, with green beans, yellow beans and baby carrots.
12008	Beef Stew	♥ LF	Seasoned beef cubes with diced squash and mashed potatoes.
12010	Traditional Pot Roast	♣ ♦ ♥ ♠ LS/D/LF/NAS	Flavourful and tender beef with potatoes, carrots and beans.
12017	Salisbury Steak	♦ ♠ D / NAS	Beef patty in a mushroom gravy with home fries, carrots, yellow bean, peas and pearl onions.
12046	Chopped Swiss Steak	♦ ♠ D / NAS	Flavourful, tender beef pieces simmered in a tomato/vegetable medley, with mashed potatoes & squash.
12062	Meatloaf Mushroom Gravy	♦ ♥ ♠ D/LF/NAS	A flavourful meatloaf, smothered in a mushroom and wine sauce, served with mashed potatoes, green and yellow beans and baby carrots.
12087	Beef Liver & Onions		Tender beef liver topped with sautéed onions and bacon pieces, served with mashed potatoes and a vegetable medley of baby carrots, peas, yellow beans and pearl onions.
12108	Shepherd's Pie		Seasoned ground beef, topped with mashed potato, served with green beans, peas & carrots.
12109	Veal Parmigiana	♣ LS	Breaded veal cutlet topped with tomato sauce and cheese, served with peas and carrots.
12130	Beef Stroganoff		Tender pieces of beef in a rich sauce, served on a bed of noodles, with green beans and beets.

12001	Chicken A La King	♣ ♦ ♥ LS /D/LF	Tender pieces of boneless chicken breast in a cream sauce, served with carrots and mashed potatoes.
12007	Turkey with Stuffing	♣ ♦ ♥ LS/D/LF	Sliced turkey with apple bread stuffing, peas and mashed potatoes.
12139	Sweet & Sour Chicken	♣ ♦ ♥ LS/D/LF	Chicken strips braised in a sweet & sour sauce served with rice and glazed Chinese-style vegetables.
12032	Country Chicken	♣ ♦ ♥ LS/D/LF	Tender chicken simmered in a mild creamy sauce served with stuffing, mashed potatoes and carrots.
12178	Chicken Cacciatore	♦ ♥ D/LF	Chicken and vegetables covered in a rich chunky tomato sauce served with mashed potatoes, zucchini and carrots.
12190	Roast Chicken	♠ NAS	Roast chicken thigh on the bone, served with a dipping sauce, fries and mixed vegetables.
12020	Pork with Stuffing	♦ ♠ D/NAS	Roast pork with dried fruit stuffing served with mashed potatoes & carrots.
12089	BBQ Rib Style Pork Cutlet	♦ ♠ D/NAS	Tender pork served with squash and home fries.
12143	Seasoned Pork Tenderloin	♣ ♦ LS/D	Tender pork served with succotash and country-style potatoes.
12003	Fish Florentine	♣ ♦ ♥ LS/D/LF	A mild white fish with cheddar cheese sauce, served with whole dill potatoes, spinach & carrots.
12013	Fish and Chips		Batter fried white fish and French fries served with mixed vegetables.
12132	Sliced Beef & Onion Gravy	♣ ♦ ♥ LS/D/LF	Lean slices of beef served with mashed potatoes and peas and carrots.
12063	Salmon/Lemon Sauce	♣ ♦ ♥ ♠ LS/D/LF/NAS	Fillet of salmon served on rice, covered in a creamy lemon sauce, served with peas, carrots and turnip.
12021	Vegetable Lasagna	♦ ♠ D/NAS	Pasta layered with spinach, zucchini, tomato and 3 cheeses with a medley of vegetables.

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