



To Order call Nancy at Seniors at Home (613) 623-7981 ext 3

Name		Date Ordered:
Address		Phone:

**Diabetic Meals: \*D      Low Gluten: \*LG      Vegetarian: ask us for the Order List.**

1. <b>Alfredo Chicken</b> , Tender roasted chicken breast sauteed in our own rich alfredo sauce. Served with seashell pasta. <b>*D</b>		9. <b>Chicken Pot Pie</b> , fresh stewed chicken breast, onions, celery, and carrots with diced potatoes in gravy and topped off with a home baked pie crust. <b>*D</b>	
2. <b>Bar-B-Q Chicken</b> , Slow grilled chicken with BBQ sauce, onions, celery, mushrooms, and carrots. Served with rice pilaf. <b>*LG</b>		10. <b>Chicken Teriyaki</b> Julienned teriyaki chicken thighs served on a bed of rice with carrots, broccoli, onion, and zucchini. <b>*LG</b>	
3. <b>Beef Stew</b> , Tender cubes of steak with gravy, potato, carrots, celery, onions, and herbs. <b>*D *LG</b>		11. <b>Chili</b> , Savoury ground beef stewed in diced tomato sauce with kidney beans and select herbs and spices. <b>*D *LG</b>	
4. <b>Beef Stroganoff</b> , Tender steak simmered in beef broth with fresh mushrooms, onions, and zucchini. Served with broad egg noodles. <b>*D</b>		12. <b>Dill Haddock</b> , Grilled Haddock, onions, zucchini, and mushrooms. Served with rice pilaf. <b>*D *LG</b>	
5. <b>Bowtie Pesto Chicken</b> , bowtie shaped pasta tossed with chicken breast, parmesan cheese and a tomato pesto sauce. <b>*D</b>		13. <b>Harvest Chicken</b> , Chicken breast with fresh zucchini, mushrooms, onions, and rice pilaf. Served in a tomato cream sauce. <b>*D *LG</b>	
6. <b>Breakfast</b> , two scrambled eggs, smoked bacon, and our seasoned home style potatoes. <b>*D *LG</b>		14. <b>Honey Garlic MB</b> , Meatballs tossed in a honey-garlic glaze, mixed with zucchini, mushrooms and onions. Served with rice.	
7. <b>Butter Chicken</b> , fresh tender chicken breast stewed with sweet potato, paprika, pepper, garlic, ginger, zucchini, mushrooms, onions, cinnamon, and cilantro. <b>*LG</b>		15. <b>Italian Casserole</b> , homemade meat sauce baked with macaroni noodles topped with a blend of cheeses. <b>*D</b>	
8. <b>Chicken Creole</b> , Fresh tender chicken breast stewed in chili spiced tomato sauce, carrots, celery, onions, and green peppers. Served with rice pilaf. <b>*D *LG</b>		16. <b>Lasagne</b> , rich meat sauce layered with broad noodles, parmesan, mozzarella, and cheddar cheeses. <b>*D</b>	

# of Meals \_\_\_\_\_ x (\$7.00 as of May 1<sup>st</sup>, 2024) = \_\_\_\_\_ # of soups \_\_\_\_\_ x (\$5.00 as of May 1<sup>st</sup>, 2024) = \_\_\_\_\_

TOTAL OF MEALS AND SOUPS = \_\_\_\_\_

Client is paying by: cash/cheq/CC/debit

Cheques Payable to: (ABM Seniors at Home)

Meals to be Delivered? Yes / No



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17. <b>Lemon Dill Chicken</b> , fresh diced chicken breast, garlic, onions, basil, oregano, dill ad lemon juice stewed with diced tom., celery, mushrooms, carrots and rice. <b>*D *LG</b>	
18. <b>Liver &amp; Onions</b> , Roast baby beef liver with fried onions and gravy served with mashed potatoes, turnips, carrots, and peas. <b>*D *LG</b>	
19. <b>Mac n Cheese</b> , A blend of noodles, three cheeses, and crisp breadcrumbs. <b>*D</b>	
20. <b>Maple Ham</b> , maple glazed ham and pineapple served with scalloped potatoes and carrots. <b>*LG</b>	
21. <b>Meatloaf</b> , baked to perfection, served with carrots, and mashed potatoes and gravy. <b>*D *LG</b>	
22. <b>Mushroom Chicken</b> , grilled BB chicken, juicy steamed mushrooms, tomato sauce, zucchini, onions, and carrots, with rice. <b>*D *LG</b>	
23. <b>Pineapple Chicken</b> , tender chicken breast marinated in pineapple sauce, green peppers, onions, and rice. <b>*LG</b>	
24. <b>Pork Tenderloin</b> , medallions of pork in au jus with onions carrots, celery, and potatoes. <b>*D *LG</b>	
25. <b>Pulled Pork</b> , slow roasted and pulled pork with BBQ sauce, diced tomatoes, onions, zucchini, carrots, and mushrooms, served with rice pilaf. <b>*LG</b>	
26. <b>Roast Beef Dinner</b> , Tender slow cooked roast beef smothered in gravy. Served with green beans and mashed potatoes. <b>*D *LG</b>	
27. <b>Salmon Fusion</b> , Salmon filet chunks tossed with corn, beans, celery, and onion and flavoured with lemon and basil pesto. Served with rice. <b>*D *LG</b>	

28. <b>Shepherds Pie</b> , seasoned ground beef with a layer of creamed corn and corn niblets, topped with mashed potatoes. <b>*D *LG</b>	
29. <b>Souvlaki Chicken</b> , Lemon,garlic, and herb marinated chicken breast. Served on a bed of rice with green peppers, onions, tomatoes. <b>*D *LG</b>	
30. <b>Spaghetti</b> , rich meat sauce served on a bed of spaghetti noodles and Parmesan cheese. <b>*D</b>	
31. <b>Steak &amp; Mushroom Pie</b> , slow cooked steak, onions, celery and carrots stewed with diced potato in gravy, topped with baked pie crust.	
32. <b>Swedish MB</b> , egg noodles and savoury meatballs tossed in our homemade gravy and green peppers and onions. <b>*D</b>	
33. <b>Swiss Steak</b> , onion, turnip, carrots, tomato & peppers, fried with our own marinated steak and gravy with roasted potatoes. <b>*D *LG</b>	
34. <b>Turkey Dinner</b> , Roasted turkey with gravy served with mashed potatoes, peas and carrots. <b>*D *LG</b>	
35. <b>Beef Barley Soup</b> , marinated steak, stewed with onions, peppers, carrots and celery with beef stock,oregano, parsley and basil. <b>*D *LG</b>	
36. <b>Chicken Noodle Soup</b> , fresh chicken breast with carrots, celery, onions, and parsley.	
37. <b>Vegetable Soup</b> , chunks of broccoli, cauliflower, carrots, and celery simmered in a vegetable broth with our special seasonings. <b>*D *LG</b>	
38. <b>Minestrone Soup</b> , tomato and beef broth soup with mixed vegetables beans, and macaroni pasta. <b>*D</b>	

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