



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

of Meals _____ x (\$8.50 as of Sept. 1st, 2026) = \$ _____

SUBTOTAL OF MEALS AND SOUPS = \$ _____

Meals to be Delivered? Yes / No (Delivery Fee \$ _____)

of soups _____ x (\$6.00 as of Sept. 1st, 2026) = \$ _____

Client is paying by: Cash/Cheq/CC or Debit

(Cheques Payable to: ABM Seniors at Home)

NEW Menu Items #39 Vegetable Soup

40 Cabbage Rolls

TOTAL \$ _____

X _____



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

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

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