

apetito HFS 1010 Dairy Dr, K4A 3N3

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Frozen Meal Service



Welcome to our Menu



We understand that sometimes preparing meals everyday can be a chore. Our menu is full of tempting meals, soups and desserts delivered to your home.

Our 2020-21 menu features a handful of new meal additions, as well as flavour improvements to some of your traditional favourites.

Our meals are made with a focus on nutrition and taste and are quick frozen to preserve freshness. Creating a menu that is inclusive to most diet types is extremely important to us. Many of our meals are low in fat, low in calories and low in sodium. Our diet symbols will help you choose which meals are right for you. Turn to *page 1* for more information.

We also provide meals that are gluten-free, lactose-free, low sodium and have controlled levels of potassium and phosphorus.

In addition to regular textures, we offer a range of complete meals and soups for a minced or pureed diet. We hope you enjoy browsing through the menu.

You can place your order whenever you are ready.

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Diet symbols

Many of our meals, soups and desserts are classified with a diet symbols. You will find each item's symbol(s) after its description. Use them to select the meals suitable for your diet. The definitions are below.

NAS	No Added Sugar
	Desserts marked with this symbol contain no added sugar or ingredients containing added sugars.
GF	Gluten-Free
	These meals do not contain any gluten proteins or wheat.
LC	Low Calorie
	These meals contain 120 calories or less per 100g.
LF	Low Fat
	These meals contain 3g or less of fat per 100g.
LS	Low Sodium
	These meals contain 140mg or less of sodium per 100g.
V	Vegetarian
	These meals contain no meat, but may contain eggs or dairy such as milk or cheese.
VV	Vegan
	Vegetarian items that do not contain dairy or egg products.

Client letter

We recieved a heartfelt letter from a client expressing their gratitude for our meals.

They say,

"I have not had this much variety on a single plate for a long time. My response was and still is understated as to how much this means to my overall state of mind. The feeling of support is a tremendous boost to my morale. Thank you."

Beef

Macaroni. Meat & Cheese Casserole 12005 Ground beef in tomato sauce, topped with macaroni and cheese with green and yellow beans and carrots. 355g 12008 **Beef Stew** With squash and mashed potatoes. 380g LC LF LS **Salisbury Steak** 12017 With mushroom gravy, home fried potatoes and mixed carrots, beans and pearl onions. 320g **Chopped Swiss Steak** 12046 In tomato gravy with squash and mashed potatoes. 365g LC LF LS 12062 **Meatloaf in Mushroom Gravy** With mashed potatoes, green and yellow beans and carrots. 350g LC LS **Liver & Onions** 12087 With mashed potatoes and mixed carrots, beans, peas and pearl onions. 355g LC LF **Meat Lasagna** 12092 With mixed orange and yellow carrots and green beans. 350g Shepherd's Pie 12108 With peas and carrots. 375g LC LF LS **Italian-Style Breaded Veal** 12109 Topped with tomato sauce and cheese, served with mashed potatoes and

peas with carrots. 371g LC LF LS

Spaghetti Bolognese

With carrots. 340g LC LF

Steak & Mushroom Pie	12118
With mixed carrots, beans, peas and pearl onions. 395 g LC	
Meatballs in Gravy	12125
With mashed potatoes and carrots. 329g LC	
Beef Stroganoff	12130
Over egg noodles with peas. 330g LC LF LS	
Meatballs & Peppers	12146
In herb gravy with mashed potatoes and carrots. 337g LC	
Sliced Beef with Mushroom Gravy	12150
With mashed potatoes and mixed vegetables. 301g LC LF	
Traditional Pot Roast	12164
With country-style potatoes, carrots and green and yellow beans. 286g GF LC LF	
Oriental Beef NEW	12178
With white rice and peas. 305g LC LF	
BBQ Beef Patty NEW	12183
With a New England vegetable mix	
and mashed potatoes. 350g LC	
Sliced Beef with Creamy NEW	12184
Peppercorn Sauce	
With country style potatoes and a carrot 8	, X
broccoli mix. 306g LC	

3 4

Chicken & Turkey

Chicken à la King 12001

With carrots and mashed potatoes. **360g LC LF**

Country Chicken 12032

In gravy with mashed potatoes, stuffing and carrots. **320g LC LF**

Breaded Chicken Breast 12057

On a red pepper rice pilaf topped with Caesar sauce and served with green and yellow beans and carrots. **390g LC**

Chicken Cacciatore 12078

Rotini pasta in Mediterranean-style sauce with carrots and beans.

340g LC LF LS

Roast Chicken Thigh 12090

Boneless, skinless chicken thigh with fries, dipping sauce and mixed carrots, corn, beans and peas. 275g LC LF

Lemon Chicken 12094

Battered chicken in lemon sauce with white rice, snap peas, baby corn and carrots. **320g LC LF LS**

Breaded Chicken Fingers 12113

With French fries, peas and carrots. 290g

General Tso's Chicken

12114

Sweet and spicy battered chicken with rice pilaf and green beans. **300g LC LF**

Chicken Stew

12116

With mashed turnip and green beans. **350g LC LF**

Chicken Breast with Broccoli & White Cheddar Sauce

12124

With home fries and mixed carrots, beans, peas and pearl onions. **330g** LC

Turkey Chili

12127

With white rice and mixed corn and green and red peppers. 340g LC LF LS

Chicken Pot Pie

12135

Chicken and vegetables in a cream sauce topped with pastry served with green beans and carrots. **355g LC**



Chicken & Turkey Pork

Sweet & Sour Chicken	12139
With white rice. 300g LC LF	
Chicken Breast with Bacon Cheddar Sauce	12141
With red-skinned potatoes and mixed vegetables. 315g GF LC	
Chicken with Mushroom Gravy	12142
Chicken breast with sweet potatoes and green beans. 335g LC LF LS	
Chicken with Honey BBQ Sauce	12148
With vegetable rice pilaf and mixed vegetables. 310g LC LF LS	
Turkey with Stuffing	12168
With mashed potatoes and peas. 340g LC LF	
Chicken with Tangy BBQ Sauce	12175
Gillettell tritti lang) bb Q baare	121/2
With a mix of peas and carrots and a side of red-skinned potatoes. 315g LC LF LS	
With a mix of peas and carrots and a sid	
With a mix of peas and carrots and a side of red-skinned potatoes. 315g LC LF LS	le 12177
With a mix of peas and carrots and a side of red-skinned potatoes. 315g LC LF LS Sweet Curry Chicken NEW	le 12177
With a mix of peas and carrots and a side of red-skinned potatoes. 315g LC LFLS Sweet Curry Chicken NEW With rice pilaf and green beans. 320g LC	de 12177 LF

Pork with Stuffing	12020
With country-style potatoes and carrots. 300g LC LF LS	
Rib-Style Pork Cutlet	12089
In barbeque sauce with squash and home fried potatoes. 320g	
Baked Ham	12115
In pineapple sauce with mashed potatoes and carrots. 295g LC LF	
Bangers & Mash	12138
With mashed potatoes, gravy and peas. 380g	
Seasoned Pork Loin	12143
With country-style potatoes and succotash. 310g LC LF	
Apple Braised Pork	12173
With mashed potatoes and a mix of peas and carrots. 350g LC LF	
Sweet & Sour Pork NEW	12181
With basmati rice Pilaf and	



vegetable mix. 305g LC LF LS

With green beans. 350g LC LF

Fish

Breakfast



Fish Florentine	12003

A cheese sauce over haddock fillet on a bed of spinach is served with red-skinned potatoes and carrots. **325g LC**

Fish & Chips 12013

With mixed carrots, peas, green beans and corn. **240g**

Tuna Pasta Casserole 12018

With peas and carrots. 290g

Salmon in Lemon Sauce 12063

Served with white rice and peas with carrots. **290g LC**

Asian-Style Glazed Salmon 12119

With rice and mixed vegetables. **282g LC LF LS**

Fish Cakes 1213

With French fries, peas and carrots. 250g

Lemon Herb Fish 12167

Haddock with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans. **285g GF LC LF LS**

Fish Florentine 12003
9

Orange Juice	07085
114 mL LC LF LS VV	
Apple Juice	07086
114 mL LC LF LS VV	
Raisin Bran Muffin	08009
100g V	
Carrot Muffin	08018
100g V	
Cream of Wheat Cereal	94000
180g LC LF LS V	
Oatmeal	94001
180g LC LF LS V	



Vegetarian & Cheese

Vegetarian Pasta Primavera	10007
With mixed orange and yellow carrots and green beans. 420g LC LF VV	
Cheese Omelette	10047
With home fried potatoes and stewed tomatoes. 279g V	
Vegetarian Stew	10060
With mashed potatoes and carrots mixed with beans. 415g LC LFVV	
Vegetarian Chili	10062
With white rice. 350g LC LF VV	
Vegetarian Dhal	10063
A mild lentil curry with basmati rice,	

Macaroni & Cheese 12079 With mixed vegetables. 310g V Chana Masala 12131

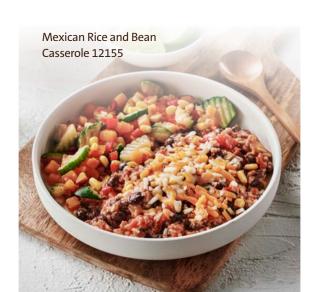
With basmati rice. 340g LC LF VV

carrots and zucchini. 335g GF LC LF VV

With peas and pearl onions and mixed corn and green and red peppers.

Vegetable Lasagna

Vegetarian Tofu Stew	12137
With white rice and green beans. 385g LC LF VV	
Tofu Teriyaki	12155
With rice and edamame. 8 <mark>05g LC LF VV</mark>	
Spaghetti with Tomato Sauce	12158
Topped with mozzarella cheese, with carrots and green and yellow beans. 375g LC LF V	
Scrambled Eggs & Home Fries	12176
With a side of baked beans in tomato sauce. <mark>300g V</mark>	
Mexican Rice and Bean Casserole NEW	12182
Topped with cheese and served with a vegetable mix. 350g LC LF V	



Soup

At apetito HFS we are constantly striving to produce the best possible products for our customers. So when we discovered we could lower the sodium across our entire soup range and still maintain the excellent flavours, we had to go for it. Each of our soups are made with controlled levels of sodium* without compromising on taste. We hope you enjoy them as much as we do!

Beef	f Bar	lev S	duo

93007

Homestyle barley soup featuring beef and vegetables. **200g LC LF**

Cream of Cauliflower Soup

93012

Cream-based soup featuring delicious cauliflower. **200g LC V**

Rice & Turkey Soup

93022

Savoury, homestyle soup featuring turkey, rice and vegetables. **200g LC LF LS**

Cream of Tomato Soup

302

Classic soup made from a blend of tomatoes and cream. **200g LC LS V**

Beef & Vegetable Soup

02025

A healthy serving of beef and vegetables in a season-based broth. **200g LC LF**

Carrot Soup

13030

A delicious homestyle soup featuring a strong blend of carrots. **200g LC LF V**

Cream of Mushroom Soup

9303

Thick and creamy with a bold mushroom flavour. **200g LC V**

Split Pea & Ham Soup

93033

A rich, traditional favourite featuring a blend of peas and ham. **200g LC LF**

Cream of Potato & Leek Soup

93036

A blended mix of potatoes, leeks and cream. **200g LC V**

Broccoli Soup

93039

A delicious homestyle soup featuring a blend of broccoli and vegetables. **200g LC LFVV**

Chicken & Vegetable Soup

93051

A healthy serving of chicken and vegetables in a season-based broth. **200g LC LF**

Squash Soup

93063

Squash-flavoured soup featuring an assortment of warm spices. 200g LC LFVV

Minestrone Soup

93354

Rustic, traditional soup featuring an assortment of vegetables, beans and pasta. **200g LC LF LS V**

Chicken Noodle Soup

9335

Diced chicken, pasta and vegetables in a homestyle broth. **200g LC LF**

Country Vegetable Soup

9335

A chunky selection of vegetables in a homestyle broth. **200g LC LF LS VV**

^{* 280}mg of sodium or less per serving.

Dessert

Low Sugar Chocolate Mousse	09011
Also suitable for a pureed diet. 90g LCV	
Low Sugar Strawberry Mousse	09021
Also suitable for a pureed diet. 90g LC LF	LS
Low Sugar Tangerine Mousse	09041
Also suitable for a pureed diet. 90g LC LF	LS
Butter Tart	14008
90g	
Carrot Cake	14009
95g V	
Apple Crisp	14011
95g LS V	
Peach Cobbler	14012
132g LS V	
Rice Pudding	14013
150g LC LF LS V	
Cherry Cobbler	14014
120g LS V	
Cherry Cheesecake	14014
40g LS V	
Fruit Cocktail	14016
115g LC LF LS VV	
Chocolate Brownie	14017
46g NAS V	
Cherry Streusel	14026
83g LS V	
Lemon Tart	14056

Banana Cake	14058
66g	11030
	1.4076
Cheesecake	14076
40g NAS V	
Pecan Tart	14077
90g LS	
Raspberry Tart	14080
85g LS	
Strawberry Shortcake	14092
60g LS V	
Lemon Layer Cake	14093
60g LS V	
Chocolate Fudge Cake	14094
60g LS V	
Sticky Toffee Pudding	14095
60g V	
Orange Layer Cake	14096
60g V	
Blueberry Cake	14313
40g NAS V	



85g

Special Diet

Gluten-Free*

Suitable for Gluten-Free, Lactose-Free, Low Sodium and Controlled Potassium and Phosphorus*.

Apple Braised Pork

10012

With white rice, green beans and diced squash. **300g GFLC LFLS**

Beef & Vegetable Casserole

10017

With white rice and peas. **275g GFLC LF LS**

Herbed Fish

10012

With white rice and peas.

278g GF LC LF LS

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Hawaiian Chicken

10020

With white rice and carrots.

310g GF LC LF LS

10021

With white rice, green beans and squash.

270g GF LC LF LS

Chicken with Gravy

Turkey with Gravy

10023

With white rice and green beans.

285g GF LC LF LS Beef Pot Roast

100E/

With white rice and peas. 255g GF LC LS

*Potassium less than 650mg and Phosphorous less than 330mg per serving.

Vegetarian Dhal

10063

A mild lentil curry with basmati rice, carrots and zucchini. 335g GFLC LF VV

Chicken Breast with Cheddar & Bacon Sauce

12141

With red-skinned potatoes and mixed vegetables. **315g GF LC**

Traditional Pot Roast

12164

With country-style potatoes, carrots and green and yellow beans. **286g GF LC LF**

Lemon Herb Fish

12167

Haddock with a creamy herb sauce, served with red-skinned potatoes and mixed carrots and green beans. 285g GFLC LFLS



Pureed

Chicken à la King	16001
With mashed potatoes and	
carrot puree. 410g LC	
Vegetable Lasagna	16002
With pureed broccoli and	
pureed carrots. 300g LC LF	
Apple Braised Pork	16003
With sweet potatoes and	
green bean puree. 410g LC	
Macaroni & Cheese	16004
With mashed potatoes and	
broccoli puree. 410g	
Shepherd's Pie	16005
With mashed potatoes, peas	
and carrot puree. 460g LC	
Turkey Dinner	16006
With mashed potatoes, squash	
and pumpkin puree. 360g LC LF	
Beef & Vegetable Casserole	16007
With mashed potatoes and	
broccoli puree. 410g LC LF	
Beef Pot Roast	16009

Sweet & Sour Chicken	16011
With mashed potatoes and mixed vegetable puree. 410g LC	
Meatloaf	16016
With mashed potatoes, squash and pumpkin puree. 410g LC	
Lemon Herb Fish	16017
With mashed potatoes and minced vegetable puree. 410 g	
Chicken Cacciatore	16018
With mashed potatoes and pea puree. 425g LC LF	
Spaghetti Bolognese	16020
With mashed potatoes and green bean puree. 415g LC	
Turkey Casserole	16021
With mashed potatoes and green bean puree. 410g LC LF	
Creamed Salmon	16023
With mashed potatoes and spinach puree. 350g LC	



With mashed potatoes and carrot puree. **360g LC**

Minced

Thickend Soup

Beef Dinner	17001
With mashed potatoes and	
minced peas. 365g LC LF	
Apple Braised Pork	17002
Apple Braised Pork With mashed potatoes and	17002

Ham 17003

With mashed potatoes and minced yellow beans. 335g LC LF

Chicken à la King 17004

With mashed potatoes and minced carrots. **375g LC**

Turkey Dinner 17005

With mashed potatoes and minced mixed vegetables. **345g LC LF**

Pesto Chicken 17006

With mashed potatoes and minced mixed vegetables. **360g LC LFLS**

Pasta Primavera 17009

With mashed potatoes and minced peas. **400g LC LFVV**

Beef Stew 17010

With mashed potatoes and minced carrots. **420g LC LF LS**

Honey Dijon Pork 17012

With mashed potatoes and minced green beans. **355g LC LF LS**

Vegetarian Stew 17013

With mashed potatoes and minced peas.

320g LC LF LS V

Sweet & Sour Chicken 17014

With mashed potatoes and minced peas. 300g LC LF LS

Broccoli	13053
Puree of broccoli. 160g LC LF	
Carrot	13054
Puree of carrot. 160g LC	
Cauliflower	13055
Puree of cauliflower. 160g LC LF	
Chicken Noodle	13056
Puree of chicken, celery, carrots and egg noodles. 160g LC LF	
	13057
and egg noodles. 160g LC LF	13057
and egg noodles. 160g LC LF Mushroom	13057 13058

and carrots. 160g LC LF





All items detailed in this brochure are subject to availability and may change periodically.
For up to date nutritional information visit:

my.apetito.ca/nutridata