

## **Dinners at Home Meals Selections:**

### **BEEF:**

- Beef and Squash Stew with Mashed Potatoes and Carrot and Peas.
- Roast Beef served with Yorkshire pudding, Mashed Potatoes, sunrise mix and Gravy.
- Cabbage Caser-rolls with Mashed Potatoes, California Mixed Vegetables.
- Shepherds Pie with Mashed Potatoes, Peas, Carrots and Gravy.
- Meat Loaf served with Mushroom Gravy, Mashed Potatoes, Green Beans and Corn.
- Swedish meatballs served with egg noodle and mix vegetable.

### **CHICKEN:**

- Butter Chicken served with rice and sunrise mix
- Chicken Ala King served with rice pilaf and mix vegetable
- Chicken Breast in Mushroom Sauce served with Mashed Potatoes and Oriental mix.

### **PORK:**

- Roast Pork served with Mashed Potatoes, Broccoli, Cauliflower and Gravy.
- Baked Ham served with Scallop Potatoes, Corn and Peas and pineapple sauce.

### **TURKEY:**

- Roast Turkey served with Bread Dressing, mashed Potatoes, Carrots, Brussel sprouts and Gravy.

### **FISH & SEAFOOD:**

- Filet of Haddock with herb sauce, Rice Pilaf, Broccoli and carrots.
- Baked Salmon with lemon dill sauce served with roasted dice potato and California mix.

### **VEGETARIAN SELECTION:**

- Broccoli Cheese Quiche served with Mashed Potatoes and Carrots.
- Vegetable Lasagna served with garlic toast and green beans.
- Mac and Cheese served with garlic toast and broccoli.
- Lentil barley stew served with roasted dice potato and California mix.
- Mexican rice bean casserole served with tomato rice and corn

### **SOUPS:**

- Chicken Noodle Soup
- Green Pea Soup
- Meatball Noodle Soup
- Minestrone Soup
- Beef and Barley Soup
- Borscht

**Please note these soups sizes are equivalent to 2 portion/container.**

### **REGULAR ENTREES SOUPS**



## *Dinners at Home*



- Can be heated in your microwave or oven.
- Can be easily stored in your freezer.
- Recently discharged patients can take these meals home to help ease recovery.
- Are a balanced nutritious alternative to cooking at home.

### **SPECIAL NUTRITIONAL NEEDS:**

Each meal is labeled with reheating instructions. A summarized nutritional analysis is available upon request.