



apetito HFS
1010 Dairy Dr, K4A 3N3

Published May 2023



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 2023-2024 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 code 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 code. You will find each item's code(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 less than 140mg 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



Beef Pot Roast 10054

With white rice and peas. **355g LCLF**

Macaroni, Meat & Cheese Casserole 12005

Ground beef in tomato sauce, topped with macaroni and cheese with green and yellow beans and carrots. **355g**

Beef Stew 12008

With squash and mashed potatoes. **380g LCLFLS**

Chopped Swiss Steak 12046

In tomato gravy with squash and mashed potatoes. **365g LCLFLS**

Meatloaf in Mushroom Gravy 12062

With mashed potatoes, green and yellow beans and carrots. **350g LCLFLS**

Liver & Onions 12087

With mashed potatoes and mixed carrots, beans, peas and pearl onions. **355g LCLF**

Meat Lasagna 12092

With mixed orange and yellow carrots and green beans. **350g**

Shepherd's Pie 12108

With peas and carrots. **375g LCLFLS**

Spaghetti Bolognese 12111

With carrots. **340g LCLF**

Steak & Mushroom Pie 12118

With mixed carrots, beans, peas and pearl onions. **395g LC**

Meatballs in Gravy 12125

With mashed potatoes and carrots. **329g LC**

Beef Stroganoff 12130

Over egg noodles with peas. **330g LCLS**

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 LCLF**

Traditional Pot Roast 12164

With country-style potatoes, carrots and green and yellow beans. **286g LCLF**

Oriental Beef 12178

With white rice and peas. **305g LCLF**

Sliced Beef with Creamy Peppercorn Sauce 12184

With country style potatoes and a carrot & broccoli mix. **306g LCLF**

Meatloaf with Tomato Sauce NEW 12185

With mixed carrots, green beans, peas and corn. **330g LCLS**

Cabbage and Beef Casserole NEW 12186

With rice and carrots. **320g LCLFLS**

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**

Sweet & Sour Chicken 12139

With white rice. **300g LC LF**



Honey Apple Glazed Chicken 12187

Chicken & Turkey

Chicken Breast with Bacon 12141

Cheddar Sauce

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

With a mix of peas and carrots and a side of red-skinned potatoes. **315g LC LF LS**

Sweet Curry Chicken 12177

With rice pilaf and green beans. **320g**

Chicken and Chorizo Jambalaya 12179

With green beans and carrots. **305g LC**

Chicken Pasta Rosé 12180

With green beans. **350g LC LF**

Honey Apple Glazed Chicken NEW 12187

With mixed vegetables and mashed potatoes. **340g LC LF**

Butter Chicken NEW 12189

With rice and green beans. **340g LC**

Pork

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 12181

With basmati rice Pilaf and vegetable mix. **305g LC LF LS**

Sweet & Sour Pork 12181



Fish

Fish Florentine 12003

A cheese sauce over a cod 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 LC LF**

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 12134

With French fries, peas and carrots. **250g LF**

Lemon Herb Fish 12167

Cod with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans. **285g LCLF LS**

Salmon in Lemon Sauce 12063



Breakfast

Orange Juice 07085

114 mL **LF LS WV**

Apple Juice 07086

114 mL **LF LS WV**

Raisin Bran Muffin 08009

100g **V**

Carrot Muffin 08018

100g **V**

Cream of Wheat Cereal 94000

180g **LCLF LS V**

Oatmeal 94001

180g **LCLF LS V**

Oatmeal 94001



Vegetarian & Cheese

Vegetarian Pasta Primavera 10007

With mixed orange and yellow carrots and green beans. **420g LCLFVV**

Cheese Omelette 10047

With home fried potatoes and stewed tomatoes. **279g LCV**

Vegetarian Stew 10060

With mashed potatoes and carrots mixed with beans. **415g LCLFVV**

Vegetarian Chili 10062

With white rice. **350g LCLFVV**

Vegetarian Dhal 10063

A mild lentil curry with basmati rice, carrots and zucchini. **335g LCLFVV**

Vegetable Lasagna 12021

With peas and pearl onions and mixed corn and green and red peppers. **365g LCV**

Macaroni & Cheese 12079

With mixed vegetables. **310g V**

Chana Masala 12131

With basmati rice. **340g LCLFVV**

Spaghetti with Tomato Sauce 12158

Topped with mozzarella cheese, with carrots and green and yellow beans. **375g LCLFV**

Scrambled Eggs & Home Fries 12176

With a side of baked beans in tomato sauce. **300g LCV**

Mexican Rice and Bean Casserole 12182

Topped with cheese and served with a vegetable mix. **350g LCLFV**

Vegetable Curry NEW 12188

With green beans and rice. **320g LCLFLS VV**

Vegetable Curry 12188



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 Barley Soup 93007

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

Cream of Tomato Soup 93023

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

Beef & Vegetable Soup 93025

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

Carrot Soup 93030

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

Cream of Mushroom Soup 93032

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

Split Pea & Ham Soup 93033

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

Cream of Potato & Leek Soup 93036

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

Broccoli Soup 93039

A delicious homestyle soup featuring a blend of broccoli and vegetables. **200g LF LS VV**

Chicken & Vegetable Soup 93051

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

Squash Soup 93063

Squash-flavoured soup featuring an assortment of warm spices. **200g VV**

Minestrone Soup 93354

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

Chicken Noodle Soup 93355

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

Country Vegetable Soup 93356

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

* 280mg of sodium or less per serving.

Dessert



Butter Tart 14008

90g

Carrot Cake 14009

95g V

Apple Crisp 14011

95g LS V

Peach Cobbler 14012

132g LS V

Cherry Cobbler 14013

120g LCLSV

Cherry Cheesecake 14014

40g LSV

Fruit Cocktail 14016

115g LCLFLSVW

Cherry Streusel 14026

83g LSV

Lemon Tart 14056

85g

Banana Cake 14058

66g

Pecan Tart 14077

90g LS

Raspberry Tart 14080

85g LS

Strawberry Shortcake 14092

60g LSV

Lemon Layer Cake 14093

60g LSV

Chocolate Fudge Cake 14094

60g LSV

Sticky Toffee Pudding 14095

60g V

Orange Layer Cake 14096

60g V

Blueberry Cake 14313

40g NAS V

Apple Crisp 14011





Special Diet

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 GF LC LF LS

Beef & Vegetable Casserole 10017

With white rice and peas.
275g GF LC LF LS

Herbed Fish 10018

With white rice and peas.
278g GF LC LF LS

Hawaiian Chicken 10020

With white rice and carrots.
310g GF LC LF LS

Turkey with Gravy 10021

With white rice, green beans and squash.
270g GF LC LF LS

Chicken with Gravy 10033

With white rice and green beans.
285g GF LC LF LS

Pureed

Chicken à la King 16001

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

Vegetable Lasagna 16002

With pureed broccoli and
pureed carrots. **300g LC V**

Apple Braised Pork 16003

With sweet potatoes and
green bean puree. **360g LC**

Macaroni & Cheese 16004

With mashed potatoes and
broccoli puree. **410g LC**

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**

Beef & Vegetable Casserole 16007

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

Beef Pot Roast 16009

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

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

Pureed

Sweet & Sour Chicken 16011

With mashed potatoes and mixed vegetable puree. **360g LC LF**

Meatloaf 16016

With mashed potatoes, squash and pumpkin puree. **410g LC**

Lemon Herb Fish 16017

With mashed potatoes and minced vegetable puree. **410g LC**

Chicken Cacciatore 16018

With mashed potatoes and pea puree. **360g LC LF**

Spaghetti Bolognese 16020

With mashed potatoes and green bean puree. **415g LC**

Turkey Casserole 16021

With mashed potatoes and green bean puree. **360g LC**

Creamed Salmon 16023

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

Minced

Beef Dinner 17001

With mashed potatoes and minced peas. **325g LC**

Apple Braised Pork 17002

With mashed potatoes and minced green beans. **340g**

Ham 17003

With mashed potatoes and minced yellow beans. **300g LC LF**

Chicken à la King 17004

With mashed potatoes and minced carrots. **335g LC LF**

Turkey Dinner 17005

With mashed potatoes and minced mixed vegetables. **300g LC**

Pesto Chicken 17006

With mashed potatoes and minced mixed vegetables. **320g LC LF**

Pasta Primavera 17009

With mashed potatoes and minced peas. **360g LC LF VV**

Beef Stew 17010

With mashed potatoes and minced carrots. **310g LC**

Honey Dijon Pork 17012

With mashed potatoes and minced green beans. **315g LC**

Vegetarian Stew 17013

With mashed potatoes and minced peas. **320g LC LF V**

Sweet & Sour Chicken 17014

With mashed potatoes and minced peas. **320g LC LF LS**



Spaghetti Bolognese 16020

