



**Frozen Meal
Program**

**Meals On Wheels (Sudbury)
1127 Bancroft Drive
Sudbury, ON P3B 1R6**



MEALS ON WHEELS
Popote roulante
(SUDBURY)

Diet Code 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.

D

Diabetic

These meals are
diabetes friendly

LS

Low Sodium

These meals are low
sodium

LF

Low Fat

These meals are low
fat



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Regular Entrees (1)

E-101	Breaded veal cutlet	D
E-102	Beef chili	D LF
E-103	Beef lasagna	D LF
E-104	Oriental beef	LS LF
E-105	Pot roast & gravy	D LS
E-106	Salisbury steak	D
E-107	Swiss steak	D
E-108	Swedish meatballs	D
E-109	Cabbage rolls	D LS LF
E-110	Meatloaf & tomato sauce	D LF
E-111	Spaghetti & meat sauce	D LF
E-112	Shepherd's pie	LS LF
E-201	Roast turkey	D LS LF
E-202	BBQ chicken	D LS LF
E-203	Butter chicken	LS LF
E-204	Sweet & sour chicken	LS LF
E-205	Chicken fingers	-
E-206	Chicken parmesan	-



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Regular Entrees (2)

E-207	Chicken pot pie	-
E-208	Chicken a la king	-
E-209	Teriyaki chicken on spaghetti	LS LF
E-210	Turkey divan	-
E-301	BBQ porkchop	LF
E-302	Honey garlic ribettes	-
E-303	Sliced toupie ham	D LF
E-304	Sausage & pepper penne	D LF
E-401	Breaded fish sticks	LS
E-402	Salmon fillet	D LS LF
E-403	Cheese omelet	D
E-404	Macaroni & cheese	-



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Entrees

Pureed options

P-501	Old fashioned beef	D LS
P-502	Roast beef	D LS
P-503	Meatballs	D
P-504	Roasted chicken	D LS LF
P-505	Lemon chicken	D LF
P-507	BBQ pork	LF
P-506	Roast turkey	D LS LF
P-508	Roast pork	LF
P-509	Salmon	D LS LF
P-510	Macaroni & cheese	-

Whole foods

WF-601	Seasoned roast beef	-
WF-602	Baked chicken breast	-
WF-603	Braised pork chop	-



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Entrees

Vegetarian options

V-701	Vegan chili	D LS LF
V-702	Vegan bourguignon	D LS LF
V-703	Vegan stew	D LS LF
V-704	Vegetarian lasagna	-
V-705	Veg. Mediterranean chickpeas	D LS LF
V-706	Vegan chana masala	D LF



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Regular Soups

S-1	Chicken noodle	D LF LS
S-2	Beef barley	D LF LS
S-3	Hearty vegetable	D LF
S-4	Minestrone	D LF
S-5	Steak & potato	D LF
S-6	Ham & pea	D
S-7	Tomato	D LF
S-8	Creamy carrot	D LS
S-9	Creamy sweet potato	D LS
S-10	Cream of broccoli	D
S-11	Cream of chicken/veg.	D



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Special Order Soups

S-13	Vegan nine bean	D LF
S-19	Vegan mushroom broccoli	D LF
S-21	Vegan spinach & white bean	D LF LS
S-26	Vegan hearty lentil	D LF
S-30	Beef babyshell	D LF LS
S-31	Chicken julienne	D LF LS



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Regular Desserts

D-1	Brownie	LS
D-2	Apple crumble	-
D-3	Date square	-
D-4	Nanaimo bar	-
D-5	Carrot cake	LS
D-6	Chocolate fudge cake	LS
D-7	Orange citrus cake	-
D-8	Butter tart bar	-
D-9	Cheesecake	LS
D-10	Black forest cake	LS
D-11	Banana bread	D LS
D-12	Pumpkin loaf	D LS
D-13	Chocolate square	D LS
D-14	Apple sauce	D LS LF
D-15	Pudding	D LS LF



Special Order Dessert

D-16 Fruit cocktail

LS LF



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Contact Us

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An answering machine is available after office hours.

Office Hours

Monday to Friday from 9:00 a.m. – 4:30 p.m.

Holidays (Statutory) – Office is closed

Mailing Address

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