



**Frozen Meal
Program**

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



MEALS ON WHEELS
Popote roulante
(SUDBURY)

Diet Code & Other Symbols

Many of our meals, soups, and desserts are classified with diet codes or other symbols. You will find each item's code(s) after its description. Use these to select meals that suit your dietary needs or preferences. 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



Indigenous Meals


These meals celebrate traditional indigenous recipes and ingredients



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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	-



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-403	Cheese omelet	D
E-404	Macaroni & cheese	-
E-405	French toast with sausage	
E-406	Pancakes and ham	
E-407	Western omelette	
 I-801	Bison chili	
 I-802	Lemon pepper salmon	
 I-803	Seared haddock	
 I-804	Rotini with bison meat sauce	
 I-805	Chicken stew	



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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-506	Roast turkey	D LS LF
P-507	BBQ pork	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	-




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



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
 S-33	Three sister soup	
S-34	Canadian bison burger	
S-35	Northeast pumpkin	



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 LS
S-30	Beef babyshell	D LF LS
S-31	Chicken julienne	D LF LS



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
D-17	Blueberry crumble	
D-18	Sweet cornbread	
D-19	Cherry cheesecake	



Desserts

Special Order Desserts

D-16 Fruit cocktail

LS LF



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Contact Us

Phone (705) 525-4554

Fax (705) 525-4741

Email meals25@sudburymeals.org

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

Minnow Lake Place

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