

**ALL ENTREES CAN BE SUBSTITUTED FOR VEGETARIAN, VEGAN,  
DAIRY FREE AND GLUTEN FREE ALTERNATIVES.**

## CHICKEN/TURKEY ENTREES

- **Moroccan Chicken Tagine** with couscous, chickpeas and vegetable medley (broccoli, cauliflower, carrots & beans) 
- **Ginger Chicken** with Cantonese noodles, carrots, peppers and celery 
- **Roast Chicken Leg Quarter** with mashed potatoes, gravy and green beans 
- **Butter Chicken** with basmati rice and broccoli  
- **Chicken Meatballs** with penne pasta, tomato sauce and mixed vegetables 
- **Jerk Chicken** (not spicy) with rice & beans and carrot coins  
- **Chicken Souvlaki** with Greek rice and green beans  
- **Chicken and Asian Vegetable Stir Fry** with rice  
- **Tandoori Chicken** (on the bone) with basmati rice and vegetable medley (broccoli, cauliflower, carrots & beans) 
- **Chicken Fajitas** with Mexican tomato & corn rice, sliced peppers, carrots, celery and salsa  
- **Turkey Dinner** (sliced turkey breast) with mashed potatoes, stuffing, gravy and glazed baby carrots 

## BEEF ENTREES

- **Spaghetti Bolognese** with green beans 
- **Cheesy Beefaroni** with carrot coins
- **Chili con Carne** with kidney beans, rice and corn  
- **Hawaiian Meatballs** in tomato & pineapple sauce with rice and glazed baby carrots 
- **Meatballs in BBQ Sauce** with yellow rice, peas and carrots 
- **Cabbage Roll Casserole** with broccoli 
- **Roast Beef Dinner** (sliced roast beef) mashed potatoes, gravy and green beans 
- **Shepherd's Pie**  **NEW PRODUCT**

## VEGETARIAN ENTREES

- **Cheese and Spinach Ravioli** in tomato sauce 
- **Chickpea Curry** with rice and carrot coins   
- **Honey Garlic Tofu** with rice and broccoli   

UPDATED ON: APR 2026

For more information call:

**416-480-4944**

\*\*See Fee Schedule for prices



= Gluten Free



= Vegetarian



= Dairy Free

## SEAFOOD ENTREES

- **Grilled Salmon**  
with rice, peas, carrots and broccoli 🚫🥛
- **Pan Seared Sole**  
with lemon butter sauce, mashed potatoes and peas 🚫🥛
- **Cod Filet**  
in roasted red pepper sauce, rice and green beans
- **Creamy Tuscan Shrimp**  
with spaghetti and carrots

## SOUPS

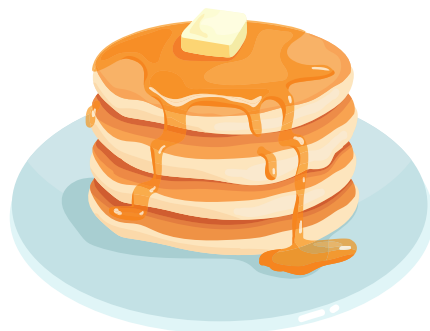
- **Chicken Noodle Soup** with vegetables 🥛
- **Moroccan Lentil Soup** 🚫🥛
- **Cream of Broccoli Soup** 🥛
- **Cream of Mushroom Soup** 🥛
- **Italian Minestrone Soup** 🥛
- **Italian Wedding Soup** with meatballs, pasta and spinach 🥛

## DESSERTS

- **Carrot Cake** with Cream Cheese Frosting 🥛
- **Triple Berry Crumble** 🥛
- **Chocolate Cake** with chocolate icing 🥛

## BREAKFAST

- **Cheese Omelette**  
with turkey sausage and home fries
- **Spinach and Cheese Egg Bites**  
with turkey sausage
- **Egg and Cheese Wrap (2)**  
with home fries 🥛
- **Breakfast Sandwich**  
Egg, cheddar cheese and turkey sausage on a whole wheat English muffin
- **Tex-Mex Breakfast Burrito**  
(egg, rice, cheese, black beans) on a whole wheat tortilla 🥛
- **Pancake** with maple syrup and turkey sausage
- **Maple Syrup Oatmeal**  
with pumpkin seeds and raisins 🥛
- **Brown Sugar Oatmeal**  
with pumpkin seeds and raisins 🥛



UPDATED ON: FEB 2025

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