



MEALS ON ICE ORDER FORM

905-873-6502 | info@links2care.ca | www.links2care.ca

NAME			
PHONE		EMAIL	
DELIVERY DATE		NOTES	

AMT		BEEF		AMT		CHICKEN & TURKEY		AMT		PORK	
12005		Macaroni, Meat & Cheese Casserole		12001		Chicken a la King	LF	12020		Pork with Stuffing	LF LS
12008		Beef Stew	LF LS	12032		Country Chicken	LF	12089		Rib-Style Pork Cutlet	
12017		Salisbury Steak		12057		Breaded Chicken Breast		12115		Baked Ham	LF
12046		Chopped Swiss Steak	LF LS	12078		Chicken Cacciatore	LF LS	12138		Bangers & Mash	
12062		Meatloaf in Mushroom Gravy	LS	12090		Roast Chicken Thigh	LF	12143		Seasoned Port Loin	LF
12087		Liver & Onions	LF	12094		Lemon Chicken	LF LS	12173		Apple Braised Pork	LF
12092		Meat Lasagna		12113		Breaded Chicken Fingers		12181		Sweet and Sour Pork	LF LS
12108		Shepherd's Pie	LF LS	12114		General Tso's Chicken	LF	AMT		FISH	
12109		Italian-Style Breaded Veal	LF LS	12116		Chicken Stew	LF	12003		Fish Florentine	
12111		Spaghetti Bolognese	LF	12124		Chicken Breast Broccoli & White Cheddar Sauce		12013		Fish & Chips	
12118		Steak & Mushroom Pie		12127		Turkey Chili	LF LS	12018		Tuna Pasta Casserole	
12125		Meatballs in Gravy		12135		Chicken Pot Pie		12063		Salmon in Lemon Sauce	
12130		Beef Stroganoff	LF LS	12139		Sweet & Sour Chicken	LF	12119		Asian-Style Glazed Salmon	LF LS
12146		Meatballs & Peppers		12141		Chicken Breast with Bacon Cheddar Sauce	GF	12134		Fish Cakes	
12150		Sliced Beef with Mushroom Gravy	LF	12142		Chicken with Mushroom Gravy	LF LS	12167		Lemon Herb Fish	LF LS GF
12164		Traditional Pot Roast	LF GF	12148		Chicken with Honey BBQ Sauce	LF LS	AMT		GLUTEN-FREE	
12178		Oriental Beef	LF	12168		Turkey with Stuffing	LF	10063		Vegetarian Dhal	LF VV GF
12183		BBQ Beef Patty		13175		Chicken with Tangy BBQ Sauce	LF LS	12141		Chicken Breast with Cheddar & Bacon Sauce	GF
12184		Sliced Beef in Creamy Peppercorn Sauce		12177		Sweet Curry Chicken	LF	12164		Traditional Pot Roast	LF GF
				12179		Chicken & Chorizo(pork) Jambalaya		12167		Lemon Herb Fish	LF LS GF
				12180		Chicken Pasta Rose	LF	www.apetito.ca			

AMT		VEGETARIAN & CHEESE		AMT		SOUP		AMT		DESSERT	
10007		Vegetarian Pasta Primavera	LF VV	93007		Beef Barley Soup	LF	09011		Low Sugar Chocolate Mousse	V
10047		Cheese Omelette	V	93012		Cream of Cauliflower Soup	V	09021		Low Sugar Strawberry Mousse	LF LS
10060		Vegetarian Stew	LF VV	93022		Rice and Turkey Soup	LF LS	09041		Low Sugar Tangerine Mousse	LF LS
10062		Vegetarian Chili	LF VV	93023		Cream of Tomato Soup	LS V	14008		Butter Tart	
10063		Vegetarian Dhal	LF GF VV	93025		Beef & Vegetable Soup	LF	14009		Carrot Cake	V
12021		Vegetable Lasagna	V	93030		Carrot Soup	LF V	14011		Apple Crisp	LS V
12079		Macaroni & Cheese	V	93032		Cream of Mushroom Soup	V	14012		Peach Cobbler	LS V
12131		Chana Masala	LF VV	93033		Spit Pea & Ham Soup	LF	14013		Rice Pudding	LF LS V
12137		Vegetarian Tofu Stew	LF VV	93036		Cream of Potato & Leak Soup	V	14014		Cherry Cobbler	LS V
12155		Tofu Teriyaki	LF VV	93039		Broccoli Soup	LF VV	14015		Cherry Cheesecake	
12158		Spaghetti with Tomato Sauce	LF V	93051		Chicken & Vegetable Soup	LF	14016		Fruit Cocktail	LF LS VV
12176		Scrambled Eggs & Homefries	V	93063		Squash Soup	LF VV	14017		Chocolate Brownie	NAS V
12182		Mexican Rice and Bean Casserole	LF V	93354		Minestrone Soup	LF LS V	14026		Cherry Streusel	LS V
AMT		BREAKFAST		93355		Chicken Noodle Soup	LF	14056		Lemon Tart	
07085		Orange Juice	LF LS VV	93356		Country Vegetable Soup	LF LS VV	14058		Banana Cake	
07086		Apple Juice	LF LS VV	NUTRITION GUIDE LF <i>Low Fat</i> LS <i>Low Sodium</i> V <i>Vegetarian</i> VV <i>Vegan</i> GF <i>Gluten Free</i> NAS <i>No Added Sugar</i> Contact us for special diet, puree or minced meals				14076		Cheesecake	NAS V
08009		Raisin Bran Muffin	V					14077		Pecan Tart	LS
08018		Carrot Muffin	V					14080		Raspberry Tart	LS
94000		Cream of Wheat Cereal	LF LS V					14092		Strawberry Shortcake	LS V
94001		Oatmeal	LF LS V					14093		Lemon Layer Cake	LS V
 TO ORDER Acton: 69 Acton Blvd. Janet 519-853-3310 Georgetown: 360 Guelph St. Brenda 905-873-6502 www.links2care.ca info@links2care.ca				AFFORDABLE NON-PROFIT PRICING Entrée \$7.00 Soup or Dessert \$2.50 Breakfast (juice + muffin or cereal) \$2.50 5 + 5 Package Deal (5 entrees + 5 soups or desserts) \$45.25 7 Entrée Package Deal \$45.25				14094		Chocolate Fudge Cake	LS V
				14095		Sticky Toffee Pudding	V				
				14096		Orange Layer Cake	V				
				14313		Blueberry Cake	NAS V				
				www.apetito.ca 							