

FROZEN MEAL ORDER FORM

All frozen meals prepared and packaged locally by The Lighthouse Restaurant in Southampton.



**THE LIGHTHOUSE
RESTAURANT**

| BREAKFAST | | | |
|-----------|--|---|---------------|
| 100 | | Cheese Omelet —Light fluffy real egg omelet, roasted potatoes and sausage. | |
| 102 | | Pancakes & Sausage with applesauce. | |
| 103 | | Frittata —Ham, spinach and cheddar served with roasted potatoes and broccoli. | D LF GF |
| BEEF | | | |
| 200 | | Beef Stew with steamed green beans and mashed potatoes. | D LF |
| 201 | | Liver & Onions with mashed potatoes and steamed mixed vegetables. | D LS |
| 202 | | Salisbury Steak with half a baked potato, steamed brussel sprouts in an onion/ mushroom gravy. | D |
| 203 | | Cabbage Rolls in a tomato sauce with sweet potatoes and peas. | D GF |
| 204 | | Meatloaf with steamed mixed vegetables, cheddar mashed potatoes and gravy. | D |
| 205 | | Pot Roast with honey glazed carrots, peas, mashed potatoes and gravy. | D LS |
| 206 | | Beef Pot Pie filled with potatoes, vegetables, beef and rich gravy. | |
| PORK | | | |
| 300 | | Roast Pork Loin with stuffing, honey glazed carrots, mashed potatoes and gravy. | D LF |
| 301 | | Ham with mixed vegetables and scalloped potatoes. | D LF |
| 302 | | Boneless Honey Garlic Ribs with vegetable fried rice and mixed vegetables. | LF GF |
| 303 | | Boneless Pork Chop with broccoli, carrots, garlic mashed potatoes and gravy. | D LS |
| 304 | | English Bangers & Mash with peas, creamed corn and gravy. | D |
| 305 | | Shepherds Pie with peas and butternut squash. | D LS LF |
| 306 | | Pulled Pork in a honey BBQ sauce, with steamed beans and garlic mashed potatoes. | D LS LF GF |

| CHICKEN & TURKEY | | | |
|------------------|--|--|------------------------|
| 400 | | Chicken Fingers with roasted potatoes, mixed vegetables and plum dipping sauce. | D |
| 401 | | Chicken Cacciatore with garlic mashed potatoes and butternut squash. | D |
| 402 | | Chicken Divan in a cheese and broccoli sauce with steamed rice and green beans. | D LS LF |
| 403 | | BBQ Chicken Breast with roasted potatoes and steamed Brussel sprouts. | LS LF GF |
| 404 | | Roast Turkey with stuffing, mashed potatoes, cauliflower and gravy. | D LS LF |
| PASTA | | | |
| 500 | | Meatballs & Penne with cauliflower and carrots in a rich tomato sauce. | D |
| 501 | | Meat Lasagna with broccoli and dilled carrots. | D LF |
| 503 | | Chicken Parmesan with penne pasta in tomato sauce with steamed mixed vegetables. | |
| SEAFOOD | | | |
| 600 | | Fillet of Salmon in a lemon-dill cream sauce served on rice with broccoli and carrots. | D LS LF |
| 601 | | Fish & Chips battered and fried haddock with roasted potatoes and steamed mixed vegetables. | LS GF |
| 602 | | Breaded Fillet of Sole with roasted potatoes and steamed Brussel sprouts. | D |
| VEGETARIAN | | | |
| 701 | | Macaroni & Cheese with glazed carrots and green beans. | D |
| 702 | | Vegetarian Lasagna with beets and mashed turnip. | D LF |
| 703 | | Portobello Mushroom Parmesan with mashed sweet potatoes and cauliflower. | |
| DIETARY CODES | | D —Suitable for Diabetic | LS —Low Sodium |
| | | LF —Low Fat | GF —Gluten Free |

| SIDE DISHES | | | |
|----------------|--|----------------------------|------------|
| SD-1 | | Wieners & Beans | |
| SD-2 | | Beef Chili | |
| SD-3 | | Vegetarian Chili | |
| HOMEMADE SOUPS | | | |
| S-1 | | French Onion | GF |
| S-2 | | Chicken Noodle | |
| S-3 | | Beef Barley | |
| S-4 | | Cabbage Roll | GF |
| S-5 | | Cream of Mushroom | |
| S-6 | | Cream of Potato Leek | |
| S-7 | | Carrot Ginger | GF |
| S-8 | | Chicken Corn Chowder | |
| S-9 | | Italian Minestrone | GF |
| S-10 | | Broccoli Cheddar | GF |
| DESSERTS | | | |
| D-1 | | Brownie | |
| D-2 | | Caramel Apple Crumble | |
| D-3 | | Date Square | |
| D-4 | | Carrot Cake | |
| D-5 | | Orange Citrus Cake | |
| D-6 | | Maple Chocolate Mania | |
| D-7 | | Butter Tart | |
| D-8 | | Cherry Crisp | |
| D-9 | | Cheesecake | |
| D-10 | | Sticky Toffee Pudding Cake | |
| D-11 | | Apple Streusel Cake | |
| D-12 | | Black Forest Cake | |
| D-13 | | Triple Berry crumble | |
| D-14 | | Raspberry Tart | |
| D-15 | | Banana Loaf | LF D LS |
| D-16 | | Shortbread Cookies | LS |
| D-17 | | Pumpkin Spice Cake | LS |

OWEN SOUND & BRUCE PENINSULA FROZEN MEAL ORDER FORM

Full Name:

Delivery Date:

PHONE, FAX OR EMAIL ORDERS TO:

PHONE: 519-372-2091 Ext. 3

FAX: 519-372-2748

mow@hcssgreybruce.com

| ODER DEADLINES <small>(place your order on or before)</small> | ORDER DELIVERY DATES <small>(subject to change)</small> |
|--|--|
| Friday December 30th, 2022 | Tuesday January 10th, 2023 Tuesday January 24th, 2023 |
| Friday February 3rd, 2023 | Tuesday February 14th, 2023 Tuesday February 28th, 2023 |
| Friday March 3rd, 2023 | Tuesday March 14th, 2023 Tuesday March 28th, 2023 |
| Friday March 31st, 2023 | Tuesday April 11th, 2023 Wednesday April 27th, 2023 |

HEATING INSTRUCTIONS

Entrees can be heated in the microwave or conventional oven. PLEASE DO NOT USE A TOASTER OVEN.

Follow the heating instructions found on the package. Please make sure your order is placed in the freezer immediately upon delivery.

Feel free to call in your order in anytime prior to the monthly deadline dates. We have gift certificates available for you to give to eligible family or friends.

Please call our office to purchase.

FROZEN MEAL PRICING

| | |
|-------------------------|---------|
| Individual Entrees | \$5.20 |
| Soups, Sides & Desserts | \$1.95 |
| 7 Entrée Discount | \$35.05 |