

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

SAUGEEN CENTRAL 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 (place your order on or before)	ORDER DELIVERY DATES (subject to change)
Friday March 24th, 2023	Thursday April 6th, 2023 Thursday April 20th, 2023
Friday April 21st, 2023	Thursday May 4th, 2023 Thursday May 18th, 2023
Friday May 26th, 2023	Thursday June 8th, 2023 Thursday June 22nd, 2023
Friday June 23rd, 2023	Thursday July 6th, 2023 Thursday July 20th, 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	\$5.50
Soups, Sides & Desserts	\$2.10
7 Entrée Discount	\$36.75