

## FROZEN MEAL ORDER FORM

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



**THE LIGHTHOUSE  
RESTAURANT**

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

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

ODER DEADLINES (place your order on or before)	ORDER DELIVERY DATES (subject to change)
Friday July 21st, 2023	Thursday August 3rd, 2023 Thursday August 17th, 2023
Friday August 25th, 2023	Thursday September 7th, 2023 Thursday September 21st, 2023
Friday September 22nd, 2023	Thursday October 5th, 2023 Thursday October 19th, 2023
Friday October 20th, 2023	Thursday November 2nd, 2023 Thursday November 16th, 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