

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 & Bacon 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 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 GF
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 GF
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
307		Cabbage Rolls in a tomato sauce with sweet potatoes and peas.	D 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 (Pork+Beef) with cauliflower and carrots in a tomato sauce.	D
501		Meat Lasagna (Pork+Beef) 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	
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	
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

NORTH & EAST GREY FROZEN MEAL ORDER FORM

Full Name:

Delivery Date:

PHONE OR EMAIL ORDERS TO:

PHONE: 519-372-2091 Ext. 3

mow@hcssgreybruce.com

ORDER DEADLINES (place your order on or before)	ORDER DELIVERY DATES (subject to change)
Friday Jan. 2/26	Thursday Jan. 15/26 Thursday Jan. 29/26
Friday Jan. 30/26	Thursday Feb. 12/26 Thursday Feb. 26/26
Friday Feb. 27/26	Thursday Mar. 12/26 Thursday Mar. 26/26
Friday Mar. 27/26	Thursday Apr. 9/26 Thursday Apr. 23/26
Friday Apr. 24/26	Thursday May 7/26 Thursday May 21/26

Feel free to call or email in your order 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.

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.

Minimum 7 Entrees per order

Limit of 4 on any 1 item

FROZEN MEAL PRICING	
Individual Entrees	\$5.85
Soups, Sides & Desserts	\$2.30
7 Entrée Discount	\$38.95