

Home Nutrition Care Planning & Meal Service

Pick your preferred foods to create your own custom meal combinations

A Satisfying Proteins

<input type="radio"/> Sweet & Sour Pork	\$5.50
<input type="radio"/> Beef in Mushroom Sauce	\$5.50
<input type="radio"/> Slow Roasted Beef	\$5.50
<input type="radio"/> Beef in Italian Tomato Sauce	\$5.50
<input type="radio"/> Savoury Chicken	\$5.50
<input type="radio"/> Chicken Curry	\$5.50
<input type="radio"/> Fish with Parsley & Lemon	\$5.50
<input type="radio"/> Salmon	\$7.00
<input type="radio"/> Tilapia with Coconut Sauce	\$6.00
<input type="radio"/> Roasted Pork & Garlic	\$5.50
<input type="radio"/> BBQ Pork	\$5.50
<input type="radio"/> Lentil Delish	\$4.00
<input type="radio"/> Crustless Quiche	\$4.75

C Tasty Carbohydrates

<input type="radio"/> Roasted Potatoes	\$2.75
<input type="radio"/> Roasted Yams	\$3.75
<input type="radio"/> Whipped Potato & Rosemary Garlic	\$2.20
<input type="radio"/> Whipped Potato & Cheese	\$2.75
<input type="radio"/> Whipped Potato	\$2.20
<input type="radio"/> Whipped Yams	\$3.75
<input type="radio"/> Whipped Butternut Squash	\$3.00
<input type="radio"/> Herbed Rice	\$2.75
<input type="radio"/> Rice Pilaf	\$2.75
<input type="radio"/> Pasta & Italian Herbs	\$3.00

Soups by Soupa

<input type="radio"/> Coconut Yam Soup	\$4.75
<input type="radio"/> Creamed Mushroom	\$4.75
<input type="radio"/> Ham and Pea Soup	\$4.75
<input type="radio"/> Red Lentil Mulligawtany	\$4.75
<input type="radio"/> Cream of Cauliflower	\$4.75

B Fantastic Veggies

<input type="radio"/> Green Beans & Garlic	\$3.00
<input type="radio"/> Candied Carrots	\$3.00
<input type="radio"/> Herbed Carrots	\$3.00
<input type="radio"/> Beet & Apple Puree	\$3.00
<input type="radio"/> Whipped Carrots & Parsnip	\$3.00
<input type="radio"/> Green Peas & Mushrooms	\$3.75
<input type="radio"/> Braised Red Cabbage	\$3.00
<input type="radio"/> Broccoli & Cauliflower	\$3.75
<input type="radio"/> Cauliflower & Cheese	\$3.25
<input type="radio"/> Creamed Spinach	\$3.75
<input type="radio"/> Seasonal Veggie Dish	\$3.75

D Velvety Sauces

<input type="radio"/> Cheese Sauce	\$1.00
<input type="radio"/> Savoury Herb Sauce	\$1.00
<input type="radio"/> Garlic Sauce	\$1.00
<input type="radio"/> Mushroom Sauce	\$1.00
<input type="radio"/> Beef Gravy	\$1.00
<input type="radio"/> Italian Tomato Sauce	\$1.00
<input type="radio"/> Coconut Curry Sauce	\$1.00

Prices and availability are subject to change.

Breakfast

<input type="radio"/> Oatmeal Apple & Cinnamon	\$2.75
<input type="radio"/> Goodmorning Omelette	\$4.25

Call 250 415 5444
or order online at:
www.TherapeuticMeals.com



Therapeutic Meals

Eat Well. Feel Better.

Do you
Have difficulty swallowing?

Do you
Need relief from meal prep?

Do you
Want to feel better?

Nutrition Care Planning & Frozen Meal Service

- Easy to chew, minced & pureed foods
- Dietitian service to design personalized menu for managing chronic disease i.e. renal disease, diabetes, heart conditions & other complex dietary restrictions*
- Nutrition care planning to help family care givers care for senior*

Designed for you to:

- Improve quality of life
- Prevent frailty and falls
- Decrease stress

*Not included in meal service, please ask us about this service.