**Home Nutrition Care Planning & Meal Service**

Pick your preferred foods to create your own custom meal combinations

### A Satisfying Proteins
- Sweet & Sour Pork $5.50
- Beef in Mushroom Sauce $5.50
- Slow Roasted Beef $5.50
- Beef in Italian Tomato Sauce $5.50
- Savoury Chicken $5.50
- Chicken Curry $5.50
- Fish with Parsley & Lemon $5.50
- Salmon $7.00
- Tilapia with Coconut Sauce $6.00
- Roasted Pork & Garlic $5.50
- BBQ Pork $5.50
- Lentil Delish $4.00
- Crustless Quiche $4.75

### B Fantastic Veggies
- Green Beans & Garlic $3.00
- Candied Carrots $3.00
- Herbed Carrots $3.00
- Beet & Apple Puree $3.00
- Whipped Carrots & Parsnip $3.00
- Green Peas & Mushrooms $3.75
- Braised Red Cabbage $3.00
- Broccoli & Cauliflower $3.75
- Cauliflower & Cheese $3.25
- Creamed Spinach $3.75
- Seasonal Veggie Dish $3.75

### C Tasty Carbohydrates
- Roasted Potatoes $2.75
- Roasted Yams $3.75
- Whipped Potato & Rosemary Garlic $2.20
- Whipped Potato & Cheese $2.75
- Whipped Potato $2.20
- Whipped Yams $3.75
- Whipped Butternut Squash $3.00
- Herbed Rice $2.75
- Rice Pilaf $2.75
- Pasta & Italian Herbs $3.00

### D Velvety Sauces
- Cheese Sauce $1.00
- Savoury Herb Sauce $1.00
- Garlic Sauce $1.00
- Mushroom Sauce $1.00
- Beef Gravy $1.00
- Italian Tomato Sauce $1.00
- Coconut Curry Sauce $1.00

Prices and availability are subject to change.

### Soups by Soupa
- Coconut Yam Soup $4.75
- Creamed Mushroom $4.75
- Ham and Pea Soup $4.75
- Red Lentil Mulligawtany $4.75
- Cream of Cauliflower $4.75

### Breakfast
- Oatmeal Apple & Cinnamon $2.75
- Goodmorning Omelette $4.25

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

---

**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.*