

# Healthy Plates is a Service Provider For Veterans Affairs Canada

## Entree's

Check [www.healthyplates.ca](http://www.healthyplates.ca) for more menu options, nutritional information & healthy

### Chicken Parmesan

Chicken Breast coated w/Parmesan fresh herbs and whole grain bread crumbs baked & topped with marinara sauce and mozzarella cheese served over fresh Whole Grain Pasta with a side of fresh veggies.

**\$8 HS LS DF**

### Honey Citrus Chicken

Tender Strips of Chicken Breast marinated then cooked in a sauce of local honey, jalapeno, citrus juices with fresh

Cilantro and basil - served on a bed of Brown Wild Rice with Garden Fresh Vegetables (Slightly Spicy)

**\$7.50 HS LS**

### Orange Ginger Beef

Taste the Asian Flair - Orange Ginger Beef marinated & Simmered in a tangy orange sauce with Fresh Snow Peas, Green Peppers, Julienne Carrots and Cashews served on

a bed of Whole Grain Wild Rice.

Substitute Chicken or Shrimp or Make it Vegetarian

**\$8.50 HS LS**

### Traditional Meat Lasagna

Fresh Whole Grain Pasta layered with 3 cheeses, fresh Basil, Oregano & Garlic & a rich meaty tomato sauce w/ Spinach and mushrooms (only best lean ground beef used)

**\$7.00 HS LS**

### Vegetable Lasagna

Fresh Whole Grain Pasta layered with 4 cheeses, fresh Basil, Oregano & Garlic and 6 garden fresh vegetables in a rich tomato sauce

**\$7.00 HS LS**

### Fettuccine Alfredo

Fresh Whole Grain Fettuccine Noodles served with Parmesan cream sauce with a hint of garlic and topped with fresh herbs (With Choice of Chicken or Shrimp)

**\$8.00**

## Entree's

### Maple Glazed Salmon

4 oz fresh Salmon Filet baked in a Maple Balsamic Sauce Served with mildly Curried Mashed Sweet Potatoes, Broccoli & Carrots.

**\$9.00 HS LS**

### Salmon w/ Creamy Dill Sauce

4 oz fresh Salmon Filet Baked to perfection, topped with a creamy fresh dill sauce served on a bed of brown wild rice with Green Beans & Toasted Almonds (or Side & Vegetables of your choice)

**\$9.00 HS LS DF**

### Coconut Chicken Curry

Chicken Breast, Vegetables, Apple, Raisins, cashews and coconut spiked with red basil simmered in a mild coconut curry sauce - served with brown basmati rice & nan bread.

**\$8.00 HS LS DF**

### Chicken & Broccoli w/Mushroom Sauce

Pan Seared Chicken Breast strips delicately seasoned with steamed broccoli florets & Julienne carrots served on a bed of brown wild rice topped with a mushroom sauce

**\$8.00 HS LS DF**

### Shepherd's Pie

Extra Lean Ground Beef sauteed to perfection with a mix of fresh vegetables in a rich gravy - topped with mashed sweet or russet potatoes.

**\$7 HS LS DF**

### 1/4 Rotisserie Chicken

1/4 of our Naturally Raised Rotisserie Chicken served with Fresh Vegetables - Potato - Cheddar Biscuit - Dipping Sauce

**\$8.50**

**Most Meals Will Feed 2 Smaller Appetites**

## Entree's

### Beef Bourguignon

Classic taste of lean beef braised in red wine with sauteed onions, carrots, peas and potatoes in a rich brown sauce.

**\$7.00 HS LS DF**

### Rotisserie Chicken Pot Pie

Chicken w/ Country Vegetables in a creamy rich sauce seasoned with fresh herbs and baked in a whole grain pastry to perfection -Or Make it Beef or Vegetarian

**\$7.00 LS**

### Beef Pot Pie

Tender Sirloin Chunks w/ Country Vegetables in a rich sauce seasoned with fresh herbs and baked in a whole grain pastry to perfection -

**\$7.00 LS**

### Pan Seared Tilapia w/ Creamy Lemon Sauce

Tender Tilapia Filet served on a bed of brown wild rice, topped with a fresh Creamy Lemon Sauce and a side of Garden Fresh Vegetables.

**\$7.50 LS**

**ASK ABOUT OUR FRESH HOMEMADE SOUPS**

### Sides:

Brown Wild Rice, Garlic Mashed Potatoes, Curried Sweet Potatoes, Baby Roasties w/ Olive Oil, Sea Salt & Rosemary

### Vegetables:

Local Country Fresh & Based On Availability Organic Where Possible

Broccoli, Carrots, Green Beans, Peas, Asparagus, Snow Peas, Mushrooms, Spinach, Several Squash Varieties, Zucchini, Tomatoes & Many Other Seasonal Vegetables

Only Extra Virgin Olive Oil, Pure Sea Salt Victorian Epicure Spices & Fresh Herbs Used

**DF = Diabetic Friendly**

**HS = Heart Smart**

**LS = Low Sodium**