

MEALS ON WHEELS FROZEN MEAL ORDER FORM

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|------------------------|--|------------------------|--|-------------------------|---|
| Name: | Return this sheet to the office or call in your order by Wednesday morning. | | | | |
| Phone #: | Meals are \$7.50 each (Entrée & Dessert). Entrée alone is \$6. Soups are \$2.50. Desserts are \$1.95. | | | | |
| ORDER BY Aug 31 | | ORDER BY SEPT 7 | | ORDER BY SEPT 14 | |
| Delivery: Sep 6-8 | | Delivery: Sept 13-15 | | Delivery: Sep 20-22 | |
| HOW MANY? | MENU 3 | HOW MANY? | MENU 4 | HOW MANY? | MENU 5 |
| ENTRÉE | | | | | |
| | Sweet and Sour Meatballs with Peppers and Pineapple over Rice | | Salisbury Steak, Mushroom Gravy, Baked Potato, Mixed Vegetables | | Slow Roasted Mediterranean Beef, Mashed Potato, Beans, Carrots** |
| | Breaded Chicken Cutlet, Peppers, Onions, Brown Butter Gnocchi | | Balsamic Pork with Basil Pasta, Broccoli, and Squash | | Chicken Stir Fry Over Rice with Asian Vegetables* |
| | BBQ Pulled Pork with mashed Sweet Potatoes, Southwest Corn* | | Turkey Dinner, Mashed Potatoes, Gravy, Stuffing, Carrots and Peas. | | Ham with Loaded Baked Potato, Corn, and Peas* |
| | Liver, Onions, Apples, Bacon, Mashed Potatoes, Mixed Vegetables** | | Ham, Peach Chutney, Roasted Potatoes and Mixed Vegetables* | | Breaded Pork Chop, Roasted Sweet Potatoes, Broccoli, Carrots** |
| | Butter Chicken with Spinach and Chickpeas over Rice and Carrots* | | Swedish Meatballs, Egg Noodles with Green Beans and Corn | | Turkey Tetrizzini, Egg Noodle, Onions, Carrots, Celery, Mushrooms |
| | Ravioli, Meat Sauce, Mushrooms, and Italian Vegetables** | | Cheese Tortellini in Tomato Sauce with Italian Vegetables** | | Penne Pasta with Broccoli, Peas, Peppers, Spinach, Cream Sauce** |
| | Parmesan Crusted Lemon Pepper Cod, Roasted Potatoes, Peas, Cauliflower* | | Seafood Jambalaya, Celery, Onions, Peppers, Tomatoes, Rice* | | Blackened Tilapia with Rice, Corn, and Black Beans* |
| DESSERT | | | | | |
| | Mixed Fruit Tart | | Lemon Pound Cake | | Chocolate Mousse* |
| | Butterscotch Pudding | | Apple Turnover | | Butterscotch Pudding |
| | Butter tart | | Pineapple Upside Down Cake | | Vanilla Strawberry Ice Cream* |
| | Blueberry Square | | Banana Bread | | Mixed Fruit Tart |
| | Double Chocolate Cake | | Pumpkin Pie | | Butter tart |
| | Vanilla Cake (Diabetic) | | Chocolate Cake (Diabetic) | | Rice Pudding & Raisins (Diabetic) |
| | Baked Apple* (Diabetic) | | Butterscotch Pudding (Diabetic) | | Raspberry Peach Cake (Diabetic) |
| SOUP | | | | | |
| | Turkey Rice* | | Turkey Rice* | | Turkey Rice* |
| | Chicken Noodle** | | Chicken Noodle** | | Chicken Noodle** |
| | Ham & Split Pea* | | Ham & Split Pea** | | Ham & Split Pea** |
| | Butternut Squash* | | Butternut Squash* | | Butternut Squash* |
| | Tomato Basil* | | Tomato Basil* | | Tomato Basil* |
| | Cream of Cauliflower* | | Cream of Cauliflower* | | Cream of Cauliflower* |
| | Loaded Potato* | | Loaded Potato* | | Loaded Potato* |

MEALS ON WHEELS FROZEN MEAL ORDER FORM

Meals on Wheels Frozen Meal Delivery in Port Colborne and Wainfleet

905 835-1581 ~ www.mealsonwheelspc.ca ~ 953 Elm St. Port Colborne, ON L3K 4R8

ORDER BY SEPT 21

ORDER BY SEPT 28

ORDER BY OCT 5

Delivery: Sept 27-29

Delivery: Oct 4-6

Delivery: Oct 11-13

**HOW
MANY
?**

MENU 1

**HOW
MANY?
?**

MENU 2

**HOW
MANY
?**

MENU 3

ENTRÉE

Braised Beef, Mashed Potato, Gravy, Carrots and Peas**

Apple Sage Pork, Roasted Potatoes, Squash, and Peas

Sweet and Sour Meatballs with Peppers and Pineapple over Rice

Chicken Breast with Broccoli Cheddar Sauce and Rice Pilaf*

Chicken Parmesan with Penne Pasta and Italian Mixed Vegetables

Breaded Chicken Cutlet, Peppers, Onions, Brown Butter Gnocchi

Pork Chops, Cream Gravy, Peppers, Onions, Tomatoes, Egg Noodles

Meatloaf and Mashed Potatoes, Carrots and Corn

BBQ Pulled Pork with mashed Sweet Potatoes, Southwest Corn*

Perogies with Onions and Braised Cabbage, Mixed Vegetables

Sausage and Sauerkraut and BBQ Beans and Hash Browns*

Liver, Onions, Apples, Bacon, Mashed Potatoes, Mixed Vegetables**

Shepherds Pie with a side of Green Beans**

Quiche with Spinach, Feta, Roasted Peppers, Lemon Garlic Rice, Carrots

Butter Chicken with Spinach and Chickpeas over Rice and Carrots*

Gnocchi in Tomato Sauce with Italian Sausage and Peppers

Fettucine Alfredo with Italian Mixed Vegetables**

Ravioli, Meat Sauce, Mushrooms, and Italian Vegetables**

Cornmeal Crusted Cod, Roasted Potatoes, Broccoli, and Corn*

Lemon Garlic Butter Baked Haddock, Rice, Cauliflower, Peas*

Parmesan Crusted Lemon Pepper Cod, Roasted Potatoes, Peas, Cauliflower*

DESSERT

Butter tart

Apple Turnover

Mixed Fruit Tart

Lemon Pound Cake

Pineapple Upside Down Cake

Butterscotch Pudding

Blueberry Square

Pumpkin Pie

Butter tart

Chocolate Mousse*

Double Chocolate Cake

Blueberry Square

Banana Bread

Vanilla Ice Cream *

Double Chocolate Cake

Black Forest Trifle (Diabetic)

Raspberry Peach Cake (Diabetic)

Vanilla Cake (Diabetic)

Baked Apple* (Diabetic)

Butterscotch Pudding (Diabetic)

Baked Apple* (Diabetic)

SOUP

Turkey Rice*

Turkey Rice*

Turkey Rice*

Chicken Noodle**

Chicken Noodle**

Chicken Noodle**

Ham & Split Pea**

Ham & Split Pea**

Ham & Split Pea**

Butternut Squash*

Butternut Squash*

Butternut Squash*

Tomato Basil*

Tomato Basil*

Tomato Basil*

Cream of Cauliflower*

Cream of Cauliflower*

Cream of Cauliflower*

Loaded Potato*

Loaded Potato*

Loaded Potato*