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| **MEALS ON WHEELS FROZEN MEAL ORDER FORM** |
| NAME: |   |   | Return this sheet to the office, or call in your order by Wednesday morning. | Meals are $7.50 each (Entrée & Dessert). Entrée alone is $6. Soups are $2.50. Desserts are $1.95 |
| PHONE: |   |   |
|   |   |   |
| We Welcome Gourmet at Home as our NEW Frozen Meal Supplier |
| Menu options with an asterisk \* are gluten-free ~ Those with two asterisks \*\* CAN be made gluten-free upon request |
| **ORDER BY Nov 16** | **ORDER BY Nov 23** | **ORDER BY Nov 30** |
| Delivery: Nov 22-24 | Delivery: Nov 29-Dec 1 | Delivery: Dec 6-8 |
| HOW MANY? | MENU 4 | HOW MANY? | MENU 5 | HOW MANY? | MENU 1 |
| **ENTRÉE** | **ENTRÉE** | **ENTRÉE** |
|   | Salisbury Steak, Mushroom Gravy, Baked Potato, Mixed Vegetables |   | Slow Roasted Mediterranean Beef, Mashed Potato, Beans, Carrots \*\* |   | Braised Beef, Mashed Potato, Gravy, Carrots and Peas \*\* |
|   | Balsamic Pork with Basil Pasta, Broccoli and Squash |   | Chicken Stir Fry over Rice with Asian Vegetables \* |   | Chicken Breast with Broccoli Cheddar Sauce and Rice Pilaf \* |
|   | Turkey Dinner, Mashed Potatoes, Gravy, Stuffing, Carrots and Peas |   | Ham with Loaded Baked Potato, Corn and Peas \* |   | Pork Chops, Cream Gravy, Peppers, Onions, Tomatoes, Egg Noodles |
|   | Ham, Peach Chutney, Roasted Potatoes and Mixed Vegetables \* |   | Breaded Pork Chop, Roasted Sweet Potatoes, Broccoli,Carrots \*\* |   | Perogies with Onions and Braised Cabbage, Mixed Vegetables |
|   | Swedish Meatballs, Egg Noodles with Green Beans and Corn |   | Turkey Tetrazzini, Egg Noodles, Onions, Carrots, Celery, Mushrooms |   | Shepherd's Pie with a side of Green Beans \*\* |
|   | Cheese Tortellini in Tomato Sauce with Italian Vegetables \*\* |   | Penne Pasta with Broccoli, Peas, Peppers, Spinach, Cream Sauce \*\* |   | Gnocchi in Tomato Sauce with Italian Sausage and Peppers |
|   | Seafood Jambalaya, Celery, Onions, Peppers, Tomatoes, Rice \* |   | Blackened Tilapia with Rice, Corn and Black Beans \* |   | Cornmeal Crusted Cod, Roasted Potatoes, Broccoli and Corn \* |
| HOW MANY? | **DESSERT** | HOW MANY? | **DESSERT** | HOW MANY? | **DESSERT** |
|   | Lemon Pound Cake |   | Chocolate Mousse \* |   | Buttertart |
|   | Apple Turnover |   | Vanilla Pudding \* |   | Lemon Pound Cake |
|   | Pineapple Upside Down Cake |   | Vanilla Strawberry Ice Cream \* |   | Blueberry Square |
|   | Banana Bread |   | Mixed Fruit Tart |   | Chocolate Mousse \* |
|   | Pumpkin Pie |   | Buttertart |   | Banana Bread |
|   | Chocolate Cake (Diabetic) |   | Rice Pudding & Raisins (Diabetic) |   | Black Forest Trifle (Diabetic) |
|   | Vanilla Pudding \* (Diabetic) |   | Raspberry Peach Cake (Diabetic) |   | Baked Apple \* (Diabetic) |
| HOW MANY? | **SOUP** | HOW MANY? | **SOUP** | HOW MANY? | **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 \* |
| **905 835-1581** |
| **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 |
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| We Welcome Gourmet at Home as our NEW Frozen Meal Supplier |  |
| Menu options with an asterisk \* are gluten-free ~ Those with two asterisks \*\* CAN be made gluten-free upon request |  |
| **ORDER BY Dec 7** | **ORDER BY Dec 14** | **ORDER BY Dec 21** |  |
| Delivery: Dec 13-15 | Delivery: Dec 20-22 | Delivery: Dec 27-29 |  |
| HOW MANY? | MENU 2 | HOW MANY? | MENU 3 | HOW MANY? | MENU 4 |  |
| **ENTRÉE** | **ENTRÉE** | **ENTRÉE** |  |
|   | Apple Sage Stuffed Pork, Roasted Potatoes, Squash, and Peas |   | Sweet and Sour Meatballs with Peppers and Pineapple over Rice |   | Salisbury Steak, Mushroom Gravy, Baked Potato, Mixed Vegetables |  |
|   | Chicken Parmesan with Penne Pasta and Italian Mixed Vegetables |   | Breaded Chicken Cutlet, Peppers, Onions, Brown Butter Gnocchi |   | Balsamic Pork with Basil Pasta, Broccoli and Squash |  |
|   | Meatloaf with Mashed Potatoes, Carrots and Corn |   | BBQ Pulled Pork with Mashed Sweet Potatoes, Southwest Corn \* |   | Turkey Dinner, Mashed Potatoes, Gravy, Stuffing, Carrots and Peas |  |
|   | Sausage and Sauerkraut with BBQ Beans and Hash Browns \* |   | Liver, Onions, Apples, Bacon, Mashed Potatoes, Mixed Vegetables \*\* |   | Ham, Peach Chutney, Roasted Potatoes and Mixed Vegetables \* |  |
|   | Quiche with Spinach, Feta, Roasted Peppers, Lemon Garlic Rice, Carrots |   | Butter Chicken with Spinach and Chickpeas over Rice with Carrots \* |   | Swedish Meatballs, Egg Noodles with Green Beans and Corn |  |
|   | Fettuccine Alfredo with Italian Mixed Vegetables \*\* |   | Ravioli, Meat Sauce, Mushrooms and Italian Vegetables \*\* |   | Cheese Tortellini in Tomato Sauce with Italian Vegetables \*\* |  |
|   | Lemon Garlic Butter Baked Haddock, Rice, Cauliflower, Peas \* |   | Parmesan Crusted Lemon Pepper Cod, Roasted Potatoes, Peas, Cauliflower \* |   | Seafood Jambalaya, Celery, Onions, Peppers, Tomatoes, Rice \* |  |
| HOW MANY? | **DESSERT** | HOW MANY? | **DESSERT** | HOW MANY? | **DESSERT** |  |
|   | Apple Turnover |   | Mixed Fruit Tart |   | Lemon Pound Cake |  |
|   | Pineapple Upside Down Cake |   | Vanilla Pudding \* |   | Apple Turnover |  |
|   | Pumpkin Pie |   | Buttertart |   | Pineapple Upside Down Cake |  |
|   | Double Chocolate Cake |   | Blueberry Square |   | Banana Bread |  |
|   | Vanilla Strawberry Ice Cream \* |   | Double Chocolate Cake |   | Pumpkin Pie |  |
|   | Raspberry Peach Cake (Diabetic) |   | Vanilla Cake (Diabetic) |   | Chocolate Cake (Diabetic) |  |
|   | Vanilla Pudding \* (Diabetic) |   | Baked Apple \* (Diabetic) |   | Vanilla Pudding \* (Diabetic) |  |
| HOW MANY? | **SOUP** | HOW MANY? | **SOUP** | HOW MANY? | **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 \* |  |
| **905 835-1581 PAGE 2** |  |