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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 | | | | | | | | |
|  |
| 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** | | | | | | | | |  |