

# MEALS ON WHEELS FROZEN MEAL ORDER FORM

NAME:		Return this sheet to the office, or call in your order by Wednesday morning.	Meals are \$6.50 each (Entrée & Dessert). Entrée alone is \$5.75. Soups are \$2.50. Desserts are \$1.95
PHONE:			

<b>ORDER BY APR 27</b>	<b>ORDER BY MAY 4</b>	<b>ORDER BY MAY 11</b>
Delivery: May 3 - 5	Delivery: May 10 - 12	Delivery: May 17 - 19

<b>HOW MANY?</b>	<b>MENU 1</b>	<b>HOW MANY?</b>	<b>MENU 2</b>	<b>HOW MANY?</b>	<b>MENU 3</b>
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## ENTRÉE

Roast Beef, Gravy, Mashed Potato, Peas	Quiche Lorraine, Peas, Mushrooms	Roast Turkey, Dressing, Gravy, Mashed Potato, Squash
Meatloaf, Gravy, Mashed Potato, Carrots	Baked Chicken, Mashed Potato, Carrots	Chicken Nuggets, Oven Roast Potatoes, Peas
Veal Parmesan, Penne Pasta, Italian Mixed Veg.	Lasagna, Italian Mixed Vegetables	Italian Baked Chicken, White Rice, Oriental Vegetable
Chicken Schnitzel, Roast Potato, Green Beans	Farmer's Sausage, Baked Beans, Broccoli	Octoberfest Sausage, Broccoli, Garlic Mashed Potato
Apple BBQ Chicken, Roast Potato, Turnip	Roast Pork Loin, Scalloped Potatoes, Corn	Macaroni and Cheese, Italian Vegetables
Cod Nuggets, Home Fries, Broccoli	Hot Hamburger, Onions/Gravy, Hash Brown, California Mix Veg.	Salisbury Steak, Gravy, Mashed Potato, Carrots
Perogies with Onions, Mixed Vegetables	Vegetable Harvest, Basmati Rice	Baked Sole, Oven Roasted Potato, PEI Vegetable

## DESSERT

Orange Cake	Banana Cake	Lemon Square
Blueberry Bar	Butter Tart	Chocolate Cake
Macaroon Bar	Date Square	Oatmeal Cookies
Chocolate Brownie	Lemon Shortcake	Coconut Cream Pudding
Tapioca	Vanilla Pudding	Jelly Roll
Diet Butterscotch Pudding	Diet Raspberry Mousse	Diet Lemon Mousse
Diet Chocolate Cake	Diet Fruit Cup	Sugar Free Cheesecake

## SOUP

Beef Barley	Beef Barley	Beef Barley
Chicken Noodle	Chicken Noodle	Chicken Noodle
Chicken Rice	Chicken Rice	Chicken Rice
Vegetable	Vegetable	Vegetable
Cream of Asparagus	Cream of Asparagus	Cream of Asparagus
Cream of Mushroom	Cream of Mushroom	Cream of Mushroom
Potato Leek	Potato Leek	Potato Leek

**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

<b>ORDER BY MAY 18</b>		<b>ORDER BY MAY 25</b>		<b>ORDER BY JUNE 1</b>	
Delivery: May 24 - 26		Delivery: May 31 - June 2		Delivery: June 7 - 9	
<b>HOW MANY?</b>	<b>MENU 4</b>	<b>HOW MANY?</b>	<b>MENU 5</b>	<b>HOW MANY?</b>	<b>MENU 1</b>

## ENTRÉE

	Turkey Pot Pie with Squash		Apple Braised Pork Chop, Paprika Roast Potato, Turnip		Roast Beef, Gravy, Mashed Potato, Peas
	Lemon Chicken, Hash Browns, Green Beans		Chicken Stew/Dumplings, Garden Mix Vegetables		Meatloaf, Gravy, Mashed Potato, Carrots
	Baked Ham, Scalloped Potato, Corn		Baked Cheesy Beef Macaroni, Peas		Veal Parmesan, Penne Pasta, Italian Mixed Veg.
	BBQ Pork Ribbettes, Oven Roast Potato, Peas		Sweet & Sour Meatballs, Rice, Oriental Vegetables		Chicken Schnitzel, Roast Potato, Green Beans
	Swedish Meatballs, Mashed Potato, Carrots		Tourtiere Pie, Gravy, Green Beans		Apple BBQ Chicken, Roast Potato, Turnip
	Beef Stew/Dumplings, PEI Vegetables		Turkey Schnitzel, Oven Roast Potato, PEI Veg.		Cod Nuggets, Home Fries, Broccoli
	Fish au Gratin, Rice Pilaf, Garden Vegetables		Western Omelet, Home Fries, Broccoli		Perogies with Onions, Mixed Vegetables

## DESSERT

	Apple Crisp		Carrot Cake		Orange Cake
	French Cream Cake		Pecan Streusel Cake		Blueberry Bar
	Vanilla Caramel Cake		Strawberry Shortcake		Macaroon Bar
	Rice Pudding		Peanut Butter Cookies		Chocolate Brownie
	Tripleberry Crumble		Tiger Brownies		Tapioca
	Diet Strawberry Mousse		Sugar Free Baked Apples		Diet Butterscotch Pudding
	Diet Lemon Mousse Cake		Vanilla Ice Cream		Diet Chocolate Cake

## SOUP

	Beef Barley		Beef Barley		Beef Barley
	Chicken Noodle		Chicken Noodle		Chicken Noodle
	Chicken Rice		Chicken Rice		Chicken Rice
	Vegetable		Vegetable		Vegetable
	Cream of Asparagus		Cream of Asparagus		Cream of Asparagus
	Cream of Mushroom		Cream of Mushroom		Cream of Mushroom
	Potato Leek		Potato Leek		Potato Leek