



NAME: _____

PHONE: _____

ADDRESS: _____

DELIVERY DATE: _____

Frozen Meals on Wheels (MOW)

705.789.6676 x 27

or 1-800-550-7106



COST:

Entrees = \$6.25

Soups or Desserts = \$1.60

Breakfast = \$1.60

Payable by Cash or Cheque Only

BEEF

- _____ Macaroni Meat Casserole
- _____ Beef Stew **LS** **LC**
- _____ Traditional Pot Roast **LF** **LC** **GF**
- _____ Salisbury Steak **LC**
- _____ Chopped Swiss Steak **LS** **LC**
- _____ Meatloaf in Gravy **LC** **LS**
- _____ Liver & Onions **LF** **LC**
- _____ Meat Lasagna
- _____ Steak and Potato Stew **LC**
- _____ Shepherd's Pie **LC** **LF** **LS**
- _____ Spaghetti Bolognese **LF** **LC**
- _____ Steak & Mushroom Pie **LS**
- _____ Italian Style Breaded Veal **LC** **LF** **LS**
- _____ Meatballs **LC** **LS**
- _____ Beef Stroganoff **LS**
- _____ Sliced Beef w/ Onion Gravy **LC** **LF**
- _____ Meatballs and Peppers **LC** **LF**
- _____ Sliced Beef w/ Mshrm Gravy **LC** **LF**

FISH

- _____ Fish Florentine **LS** **LC** **LF**
- _____ Fish & Chips
- _____ Lemon Herb Fish **LS** **LC** **LF** **GF**
- _____ Salmon in Lemon Sauce **LC**
- _____ Asian Glazed Salmon **LF** **LS** **LC**
- _____ Creamed Salmon Supreme **LC**
- _____ Fish Cakes

PORK

- _____ Pork with Stuffing **LS** **LC** **LF**
- _____ Tourtiere Meat Pie
- _____ Rib Style Pork Cutlet
- _____ Baked Ham **LC** **LF**
- _____ Ham & Broccoli Casserole **LC**
- _____ Bangers & Mash
- _____ Seasoned Pork Loin **LC** **LF**

POULTRY

- _____ Chicken à la King **LC** **LF**
- _____ Turkey with Stuffing **LF** **LC**
- _____ Country Chicken **LF** **LC**
- _____ Breaded Chicken Breast **LC**
- _____ Chicken Cacciatore **LF** **LC** **LS**
- _____ Roast Chicken Thigh **LC** **LF**
- _____ Lemon Chicken **LS** **LF** **LC**
- _____ Breaded Chicken Fingers
- _____ Chicken Pot Pie **LC**
- _____ General Tso Chicken **LF** **LC**
- _____ Chicken Stew **LC** **LF**
- _____ Chk Bst w Broc and Wht Ched **LC**
- _____ Turkey Chili **LS** **LC**
- _____ Sweet & Sour Chicken **LF** **LC**
- _____ Chkn Breast w/ Ch. & Bacon **LC** **GF**
- _____ Chkn with Mushroom Gravy **LS** **LF**
- _____ Creamy Ranch Chicken **LC** **GF**
- _____ Chicken w/ Honey BBQ **LF** **LS** **LC**
- _____ Coconut Lime Chicken **LC**
- _____ Chicken Florentine Penne **LF** **LC**
- _____ Chicken Curry **LF** **LS** **LC**

VEGETARIAN

- _____ Vegetarian Chili **LF** **LC** **V**
- _____ Vegetarian Dhal **LF** **LC** **V** **GF**
- _____ Pasta Primavera **LF** **LC** **V**
- _____ Vegetarian Stew **LF** **LC** **V**
- _____ Cheese Omelet **V**
- _____ Vegetable Lasagna **LC** **V**
- _____ Macaroni & Cheese **V**
- _____ Chana Masala **LF** **LC** **V**
- _____ Vegetarian Tofu Stew **LF** **LC** **V**
- _____ Veg & Lentil Pot Pie **LC** **V**
- _____ Broc., Mshrm & Rice Casserole **LC**
- _____ Tofu Teriyaki **LF** **LC** **V**
- _____ Spaghetti w Tomato Sauce **LF** **LC** **V**

GLUTEN FREE

- _____ Vegetarian Dhal **LF** **LC** **V**
- _____ Chicken w Cheddar & Bacon Sauce **LC**
- _____ Traditional Pot Roast **LF** **LC**
- _____ Creamy Ranch Chicken **LC**

- _____ Lemon Herb Fish **LS** **LC** **LF**

SOUPS

- _____ Beef Barley **LF** **LC**
- _____ Cream of Cauliflower **LC** **V** **LF**
- _____ Chicken Noodle **LC** **LF**
- _____ Cream of Tomato **LC** **LF** **V**
- _____ Minestrone **LF** **LC** **V**
- _____ Country Vegetable **LF** **LC** **V**
- _____ Cream of Potato & Leek **LF** **LC** **V**
- _____ Broccoli Soup **LC** **LF** **V**
- _____ Cream of Mushroom **LC** **V**
- _____ Rice & Turkey **LF** **LC**
- _____ Beef & Vegetable **LC** **LF**
- _____ Split Pea and Ham **LC** **LF**
- _____ Chicken & Vegetable **LC** **LF**
- _____ Carrot **LC** **LF** **V**
- _____ Squash **LC** **V** **LF**
- _____ Tomato Lentil **LC** **LF** **V**

BREAKFAST

Must incl. 1 juice + 1 cereal/muffin

- _____ Apple Juice **LF** **LS** **LC** **V**
- _____ Orange Juice **LF** **LS** **LC** **V**
- _____ Carrot Muffin **V**
- _____ Raisin Bran Muffin **V**
- _____ Cream Wheat Cereal **LF** **LS** **LC** **V**
- _____ Oatmeal Cereal **LF** **LS** **LC** **V**

DESSERTS

- _____ Chocolate Mousse **LC**
- _____ Strawberry Mousse **LS LC**
- _____ Tangerine Mousse **LS LC**
- _____ Butter Tart
- _____ Carrot Cake **V**
- _____ Apple Crisp **LS V**
- _____ Peach Cobbler **LS V**

- _____ Rice Pudding **LF LS LC V**
- _____ Cherry Cobbler **LS LC V**
- _____ Fruit Cocktail **LF LS LC**
- _____ Cherry Streusel **LS V**
- _____ Lemon Tart
- _____ Banana Cake **V**
- _____ Cheesecake **NAS V**
- _____ Pecan Tart **LS**

- _____ Raspberry Tart
- _____ Cherry Cheesecake
- _____ Strawberry Shortcake **V**
- _____ Lemon Layer Cake **V**
- _____ Chocolate Fudge Cake **V**
- _____ Sticky Toffee Pudding **V**
- _____ Orange Layer Cake **V**
- _____ Blueberry Cake **NAS V**
- _____ Chocolate Brownie **NAS V**

SPECIAL DIET MEALS

(Suitable for Lactose Free, Gluten Free & Renal Diets)

- _____ Apple Pork **LF LS GF LC**
- _____ Beef & Vegetable Casserole **LS GF**
- _____ Herbed Fish **LF LS GF LC**
- _____ Hawaiian Chicken **LF LS GF LC**
- _____ Turkey in Gravy **LF LS GF LC**
- _____ Chicken with Gravy **LF LS GF LC**
- _____ Pot Roast with Rice & Peas **LS GF LC**

MINCED ENTREES

- _____ Beef Dinner **LF LC**
- _____ Apple Braised Pork **LS LC**
- _____ Ham **LF LC**
- _____ Chicken à la King **LF LS LC**
- _____ Turkey Dinner **LF LC**
- _____ Pesto Chicken **LF LS LC**
- _____ Pasta Primavera **LF LC V**
- _____ Beef Stew **LF LS LC**
- _____ Honey Dijon Pork **LS LC LF**
- _____ Vegetarian Stew **LS LF LC V**
- _____ Sweet and Sour Chicken **LS LF LC**

PUREED ENTREES

- _____ Chicken à la King **LC**
- _____ Lasagna **LF LC**
- _____ Apple Braised Pork **LC**
- _____ Macaroni & Cheese
- _____ Shepherd's Pie **LC**
- _____ Turkey Dinner **LC**
- _____ Beef & Vegetable Casserole **LC**
- _____ Pot Roast Beef **LS LC**
- _____ Sweet & Sour Chicken **LC**
- _____ Meatloaf **LC**
- _____ Lemon Herb Fish
- _____ Chicken Cacciatore **LF LC**
- _____ Spaghetti Bolognese **LC**
- _____ Turkey Casserole **LC**
- _____ Creamed Salmon **LC**

THICKENED SOUP

- _____ Broccoli **LF**
- _____ Carrot
- _____ Cauliflower **LC**
- _____ Chicken Noodle **LF**
- _____ Mushroom **LC**
- _____ Tomato Beef **LF**

DIET SYMBOLS

NAS = NO ADDED SUGAR

GF = GLUTEN FREE

LC = LOW CALORIE

LF = LOW FAT

LS = LOW SODIUM

V = VEGETARIAN