

FROZEN MEAL PROGRAM

FULL DIET



ENTREE PLUS

NAME: _____

ROUTE: _____

DELIVERY DATE: _____

ENTREES

- 101 _____ Cheese Omelet D
- 201 _____ Bangers and Mash D
- 202 _____ Beef Stew D LF
- 204 _____ Swiss Steak D
- 205 _____ Liver and Onions D LS
- 207 _____ Salisbury Steak D
- 208 _____ Cabbage Roll D
- 209 _____ Beef Stroganoff D LS LF
- 210 _____ Chicken a la King D LS LF
- 211 _____ Breaded Veal Cutlet D
- 212 _____ Meatloaf D
- 213 _____ Roast Pork Loin D LF
- 214 _____ Roast Turkey D LS LF
- 215 _____ Pork Medallions D LS LF
- 216 _____ Chicken Divan D
- 217 _____ Pot Roast D LS
- 218 _____ Honey-Mustard Ham D LF
- 219 _____ Shepherd's Pie D LS LF
- 221 _____ Chicken Fingers
- 222 _____ Boneless BBQ Ribs D
- 223 _____ Boneless Pork Chop D LS
- 225 _____ BBQ Chicken D LS LF
- 226 _____ Swedish Meatballs D
- 227 _____ Italian Sausage Penne D
- 302 _____ Salmon Fillet D LS LF
- 303 _____ Fish and Chips LS
- 304 _____ Tuna Casserole D LS LF
- 305 _____ Fish Florentine D LS
- 306 _____ Fillet of Sole D
- 401 _____ Sweet + Sour Chicken LS LF
- 402 _____ Teriyaki Chicken D LF

- 404 _____ Sweet+Sour Chicken Balls D LF
- 405 _____ Honey Garlic Ribs LF
- 501 _____ Spaghetti and Meatballs D
- 502 _____ Lasagna D LF
- 503 _____ Chicken Cacciatore D
- 504 _____ Chicken Alfredo LF
- 602 _____ Macaroni and Cheese D
- 603 _____ Vegetarian Lasagna D LF
- 701 _____ Beef Pot Pie
- 702 _____ Chicken Pot Pie

SOUPS

- S-1 _____ French Onion D LF
- S-2 _____ Chicken Noodle D LF
- S-3 _____ Beef Barley D LF
- S-4 _____ Hearty Vegetable D LF
- S-5 _____ Minestrone D LF
- S-6 _____ Cream of Broccoli D
- S-7 _____ Cream of Mushroom D
- S-8 _____ Cream of Potato/Leek D
- S-9 _____ Cream of Carrot D
- S-10 _____ Cream of Celery D
- S-11 _____ Cream of Tomato D LF
- S-12 _____ Cream of Chicken/Veg. D LF
- S-13 _____ N.E. Clam Chowder D
- S-14 _____ Steak + Potato Soup D LF

Side Dishes

- 801 _____ Chicken Caesar Pasta Salad D LS
- 803 _____ Wieners + Beans D
- 804 _____ Beef Chili D

DESSERTS

- D-1 _____ Deep Dutch Brownie LS
- D-2 _____ Caramel Apple Crumble
- D-3 _____ Date Square
- D-4 _____ Nanaimo Bar
- D-5 _____ Carrot Cake D LS
- D-6 _____ Chocolate Fudge Cake LS
- D-7 _____ Orange Citrus Cake D
- D-8 _____ Banana Split Cake
- D-9 _____ Maple Chocolate Mania D
- D-10 _____ Butterscotch
- D-11 _____ Rice Pudding D LS LF
- D-12 _____ Chocolate Pudding
- D-13 _____ Butterscotch Pudding
- D-14 _____ Cherry Crisp LS
- D-15 _____ Peach Cobbler
- D-16 _____ Cheese Cake D LS
- D-17 _____ Sticky Toffee Pudding Cake
- D-18 _____ Apple Streusel Cake D LS
- D-19 _____ Fruit Cocktail D LS LF
- D-21 _____ Black Forest Cake D LS
- D-24 _____ Pecan Streusel Cake D LS
- D-26 _____ Triple Berry Crumble LS
- D-27 _____ Raspberry Tart

Diet Codes:

- D suitable for Diabetic Diet
- LS suitable for Low Salt Diet
- LF suitable for Low Fat Diet

revised December 2010

FROZEN MEAL PROGRAM

PUREE MENU



NAME: _____

ROUTE: _____

DELIVERY WEEK: _____

ENTREE PLUS

- 901 ____ Beef Bourguignon with Carrot/Turnip & Golden Potatoes
- 902 ____ Roast Beef with Nutmeg Carrots & Parsleyed Potatoes
- 903 ____ Roast Chicken with Buttered Peas & Golden Potatoes
- 904 ____ Lemoned Chicken with Sweet Carrots & Parsleyed Potatoes
- 905 ____ Barbecue Pork with Buttered Corn & Homestyle Potatoes
- 906 ____ Roast Pork with Carrots a l'Orange & Savoury Potatoes
- 907 ____ Roast Turkey with Butternut Squash & Savoury Potatoes
- 908 ____ Turkey a la King, Peas & Yam with Apples
- 909 ____ Salmon with Peas & Pasta
- 910 ____ Macaroni with Cheese Sauce & Herbed Tomato

**Saugeen Area -Paisley,Chesley,Hanover,Walkerton,Mildmay,Teeswater,Lucknow
FROZEN FOOD ORDER INSTRUCTIONS**

Call or send your Frozen Food order to:

Home & Community Support Services
5 Fourth St., Box 879
Walkerton, ON N0G 2V0

Phone: 519-881-4800
Toll Free: 1-888-881-4808
Fax: 519-881-4802

Please pay attention to the monthly order deadlines and deliver dates listed below

<u>ORDER DEAD LINES</u>	<u>DELIVERY DATES</u>
Place your order on or before	Your order will be delivered
Tuesday January 15, 2013	Thursday January 24, 2013
Tuesday February 19, 2013	Thursday February 28, 2013
Tuesday March 19, 2013	Thursday March 28, 2013
Tuesday April 16, 2013	Thursday April 25, 2013
Tuesday May 14, 2013	Thursday May 23, 2013
Tuesday June 18, 2013	Thursday June 27, 2013
Tuesday July 16, 2013	Thursday July 25, 2013
Tuesday August 13, 2013	Thursday August 22, 2013
Tuesday September 17,2013	Thursday September 26,2013
Tuesday October 22, 2013	Thursday October 31, 2013
Tuesday November 19,2013	Thursday November 28,2013
Tuesday December 11,2013	Thursday December 19,2013
Tuesday January 14, 2014	Thursday January 23, 2014

MINIMUM ORDER

7 Entrees for \$28.50
OR
5 Entrees and any combination of 5 Soups and/or Desserts

Note: Additional entrees, desserts and soups may be ordered for the following prices:
Entrees - \$4.25
Desserts - \$1.55
Soups - \$1.55
Side Dishes- \$1.55

HEATING INSTRUCTIONS

Entrees can be heated in the microwave or conventional oven.
DO NOT USE TOASTER OVEN.
Follow the heating instructions found on the package.

FOR YOUR CONVIENCE

~Please make sure your order is place in the freezer immediately upon delivery. ~We will be calling all clients for their orders the week before the above deadlines.
~Please feel free to call, mail, or fax your order in anytime prior to the monthly deadlines.
~We have gift certificates available for you to give to eligible friends or family who may be in need of frozen meals or who may be interested in just trying them. Call our office to purchase your gift certificates
~If you are not going to be home on the day your frozen meals are to be delivered please remember to call our office to make pick up arrangements.