

Client: _____
 Address: _____
 Phone: _____



P.O. Box 1192, 215 Sanders Street, Suite 101, Kemptville ON K0G 1J0
 tel: 613-258-3203 | fax: 613-215-0448 | www.seniorscs.ca

Entrées @ \$5.75	_____
Soups @ \$2.00	_____
Desserts @ \$2.00	_____
TOTAL	\$ _____

Delivery Date: _____

Meals on Wheels Order Form

<input type="checkbox"/> HEATED	<input type="checkbox"/> FROZEN	<input type="checkbox"/> PICK UP	<input type="checkbox"/> DELIVERY
---------------------------------	---------------------------------	----------------------------------	-----------------------------------

BEEF ENTRÉES

- _____ Beef Stew **
- _____ Beef Stroganoff **
- _____ Chopped Swiss Steak **
- _____ Liver & Onions
- _____ Macaroni Meat & Cheese Casserole
- _____ Meat Lasagna
- _____ Meatloaf in Mushroom Gravy **
- _____ Salisbury Steak
- _____ Shepherd's Pie **
- _____ Sliced Beef & Mushroom Gravy
- _____ Steak & Mushroom Pie
- _____ Traditional Pot Roast
- _____ Italian-Style Breaded Veal **

POULTRY ENTRÉES

- _____ Breaded Chicken Breast
- _____ Breaded Chicken Fingers
- _____ Chicken à la King
- _____ Chicken Breast with Bacon Cheddar Sauce
- _____ Chicken Breast with Broccoli & White Cheddar Sauce
- _____ Chicken Cacciatore **
- _____ Chicken Pot Pie
- _____ Country Chicken
- _____ Lemon Chicken **
- _____ Roast Chicken Thigh
- _____ Sweet & Sour Chicken
- _____ Turkey with Stuffing

REGULAR SOUPS

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

DESSERTS

- _____ Apple Crisp**
- _____ Banana Cake
- _____ Blueberry Cake - **NAS**
- _____ Carrot Cake
- _____ Cheesecake - **NAS**
- _____ Peach Cobbler **
- _____ Chocolate Fudge Cake
- _____ Chocolate Mousse
- _____ Lemon Tart
- _____ Pecan Tart **
- _____ Sticky Toffee Pudding
- _____ Strawberry Shortcake

PORK ENTREES

- _____ Baked Ham
- _____ Bangers & Mash
- _____ Pork with Stuffing **
- _____ Seasoned Pork Loin

FISH ENTREES

- _____ Fish & Chips
- _____ Fish Cakes
- _____ Fish Florentine **
- _____ Lemon Herb Fish **
- _____ Salmon in Lemon Sauce

CHEESE ENTRÉES

- _____ Cheese Omelet
- _____ Macaroni & Cheese

VEGETARIAN ENTRÉES

- _____ Vegetarian Stew **

TO PLACE AN ORDER:
 → call 613-258-3203
 → fax 613-215-0448
 → email hello@seniorscs.ca

NOTE:
 ** Low sodium.
NAS - No added sugar.
 Full nutrient information is available. **Special diet orders upon request.**
Please follow heating instructions on containers.