

Client: _____

Address: _____

Phone: _____

Delivery Date: _____

SENIORS' COMMUNITY SERVICES

Living Well in YOUR Community

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 @ \$5.25 _____

____ Soups @ \$1.50 _____

____ Desserts @ \$1.50 _____

TOTAL

\$ _____

Meals on Wheels Order Form

____ HEATED ____ FROZEN

____ PICK UP ____ 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 & Onion 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 **
- ____ Rice Pudding**
- ____ Sticky Toffee Pudding
- ____ Strawberry Shortcake

PORK ENTREES

- ____ Baked Ham
- ____ Bangers & Mash
- ____ Pork with Stuffing **
- ____ Tourtiere Meat Pie
- ____ 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 order: Fill out a form. then, call or fax it to SCS as listed above or email copy/photo to: 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.