

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
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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

CHEESE ENTRÉES

- _____ Cheese Omelet
- _____ Macaroni & Cheese

FISH ENTREES

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

PORK ENTREES

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

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: info@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.