Client: _____

Address: _____

Phone: _____

Delivery Date: _____

SENIORS' COMMUNITY SERVICES
Living Well in YOUR Community

MEALS ON WHEELS ORDER FORM

TO PLACE AN ORDER: Call **613-258-3203** or Email **Lisa.caldwell@seniorscs.ca**

☐ Entrées @ $8.50 _____

☐ Soups @ $2.75 _____

☐ Desserts @ $2.50 _____

TOTAL $ _____

☐ HEATED ☐ FROZEN ☐ PICK UP ☐ DELIVERY

BEEF ENTRÉES

- ☐ **Beef Stroganoff** noodles, zucchini, mushrooms
- ☐ **Beef Stew,** potatoes, mixed vegetables
- ☐ **Cabbage Rolls **** rice, carrots, zucchini, mushrooms
- ☐ **Hearty Chili,** green peppers, tomatoes
- ☐ **Liver & Onions **** potatoes, mixed vegetables
- ☐ **Meat Lasagna** pasta, celery, green peppers
- ☐ **Meatloaf *LG*** potatoes
- ☐ **Roast Beef Dinner** potatoes, green beans
- ☐ **Shepherd's Pie**** potatoes, corn
- ☐ **Spaghetti** noodles, green peppers, mushrooms
- ☐ **Steak & Mushroom Pie,** potatoes, mushroom, carrots, green peppers
- ☐ **Swedish Meatballs** noodles, green peppers
- ☐ **Swiss Steak** potatoes tomatoes, turnip, green peppers
- ☐ **Honey Garlic Meatballs** rice, zucchini, green peppers, carrots

POULTRY ENTRÉES

- ☐ **Alfredo Chicken,** pasta
- ☐ **BBQ Chicken** Rice Pilaf, zucchini, carrots, mushrooms
- ☐ **Butter Chicken **** sweet potato, zucchini, mushrooms
- ☐ **Chicken Pot Pie** potatoes, carrots
- ☐ **Chicken Stew **** potatoes, carrots, peas
- ☐ **Lemon Dill Chicken,** rice, mushrooms, zucchini
- ☐ **Mushroom Chicken **** rice
- ☐ **Pineapple Chicken **** rice, carrots, celery
- ☐ **Souvlaki Chicken **** rice, carrots, celery
- ☐ **Turkey Dinner **** potato, Mixed vegetables
- ☐ **Bowtie Chicken Pesto,** pasta

REGULAR SOUPS (200gr)

- ☐ **Beef Barley**
- ☐ **Chicken Noodle**
- ☐ **Potato and Ham**
- ☐ **Cream of Mushroom**
- ☐ **Cream of Tomato**
- ☐ **Cream of Broccoli Cheddar**
- ☐ **Split Pea**

Locally sourced soups made by the village Bean Coffee House,

DESSERTS

- ☐ **Cake: Stickey Toffee**
- ☐ **Cake: Lemon pound**
- ☐ **Cake: Carrot**
- ☐ **Crumble: Apple**
- ☐ **Scone: Raisin**
- ☐ **Cookie: Chocolate Chip (2)**
- ☐ **Cookie: Ginger Molasses (2)**
- ☐ **Cookie: Oatmeal (2)**
- ☐ **Fritter: Apple**
- ☐ **Square: Chocolate Brownie**
- ☐ **Square: Date**
- ☐ **Tart: Butter**
- ☐ **Tart: Cherry**
- ☐

PORK ENTRÉES

- ☐ **Maple Ham ++sodium,** potatoes, carrots
- ☐ **Pork Tenderloin **** potatoes, carrots
- ☐ **Pulled Pork,** pilaf rice, zucchini, carrot, mushrooms, tomatoes
- ☐ **Pork Baked Beans,** carrots, celery

FISH ENTRÉES

- ☐ **Dill Haddock **** pilaf rice, zucchini, mushroom, carrots
- ☐ **Salmon Fusion **** rice, corn, beans, carrots

VEGETARIAN ENTRÉES

- ☐ **Macaroni & Cheese**
- ☐ **Vegan Chili** green peppers, tomatoes, kidney beans

Locally Sourced Desserts

Joe's Homestyle Desserts

Grahame's Bakery

Loughlin Tarts

*** - Low Sodium*

LG - Low Gluten

P.O. Box 1192, 215 Sanders Street, Suite 101, Kemptville ON K0G 1J0