



MEALS ON WHEELS ORDER FORM

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

Client:
Address:
Phone:
Delivery Date:

	Entrees @ \$8:50
	Soups @ \$2.75
	Desserts @ \$2.50
TOTAL	\$ _____

<input type="checkbox"/> HEATED <input type="checkbox"/> FROZEN <input type="checkbox"/> PICK UP <input type="checkbox"/> DELIVERY	Special Instructions:
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<u>BEEF ENTRÉES</u>	<u>POULTRY ENTRÉES</u>	<u>REGULAR SOUPS (200gr)</u>	<u>DESSERTS</u>
Beef Stroganoff (Noodles)	Alfredo Chicken (Pasta)	Beef Barley	Cake: Chocolate Fudge
Beef Stew (Potato)	BBQ Chicken (Rice Pilaf)	Chicken Noodle	Cake: Lemon Layer
Cabbage Rolls (Rice) **	Butter Chicken **	Potato and Ham	Cake: Orange Layer
Hearty Chili	Chicken Pot Pie (Potato)	Cream of Mushroom	Cake: Strawberry shortcake
Liver & Onions (Potato) **	Chicken Stew (Potato) **	Cream of Tomato	Cheesecake: Cherry
Meat Lasagna (Pasta)	Lemon Dill Chicken (Rice)	Cream of Broccoli Cheddar	Cookie: Chocolate Chip (2)
Meatloaf (Potato) - LG	Mushroom Chicken (Rice) **		Cookie: Ginger Molasses (2)
Roast Beef Dinner (Potatoes)	Pineapple Chicken (Rice) **		Cookie: Oatmeal (2)
Shepherd's Pie (Potato) **	Souvlaki Chicken (Rice) **		Fritter: Apple
Spaghetti (Noodles)	Turkey Dinner (Potato) **	Soups made by the Village Bean	Other: Sticky Toffee Pudding
Steak & Mushroom Pie (Potato)		Coffee House, Merrickville	Square: Chocolate Brownie
Swedish Meatballs (Noodles)			Square: Date
Swiss Steak (Potato)			Tart: Butter
			Tart: Cherry

<u>PORK ENTRÉES</u>	<u>FISH ENTRÉES</u>	<u>VEGETARIAN ENTRÉES</u>
Maple Ham (Potato) ++sodium	Dill Haddock (Rice Pilaf) **	Macaroni & Cheese
Pork Tenderloin(Potato) **	Salmon Fusion (Rice) **	Vegan Chili
Pulled Pork (Rice Pilaf)		

Local Deserts
 * - Grahame's Bakery
 ** - Loughlin Tarts

LG - Low Gluten
**** - Low sodium**

TO PLACE AN ORDER CALL 613-258-3203 or eMAIL lisa.caldwell@seniorscs.ca

www.seniorscs.ca