

Client: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Delivery Date: \_\_\_\_\_



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

_____ Entrées @ \$6.15	_____
_____ Soups @ \$2.10	_____
_____ Desserts @ \$2.10	_____
<b>TOTAL</b>	<b>\$ _____</b>

## 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 & 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
- n/a \_\_\_\_\_ Blueberry Cake – **NAS**
- \_\_\_\_\_ Carrot Cake
- n/a \_\_\_\_\_ Cheesecake – **NAS**
- \_\_\_\_\_ Peach Cobbler \*\*
- \_\_\_\_\_ Chocolate Fudge Cake
- n/a \_\_\_\_\_ 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](mailto: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.*