

Bringing care and community together/ Apportant soin et communauté ensemble

To reach the Community Support Services Team please call 613-591-3686 and dial option 3

FROZEN MEAL WEEKLY ORDER FORM

Name:

Address:

Phone Number:

Date of Delivery:

Delivery Notes:

Substitutions:

GF=Gluten Free; LC = Low Calorie
LF = Low Fat; LS = Low Sodium
V = Vegetarian; VE=Vegan

Frozen Meals \$5.75 per meal

	Entree	Qty	Nutrition Profile	Sodium (mg)	Sugars (g)	Carbs (g)
Beef:						
1	Mac and beef casserole		-	700	7	49
2	Beef Stew		LC, LF, LS	480	5	42
3	Meatloaf in Mushroom Gravy		LC, LS	580	4	26
4	Shepherds pie		LC, LF, LS	470	6	36
5	Meatballs & Peppers		LC,	1080	2	30
6	Traditional Pot Roast		GF, LC, LS	220	2	28
7	Sliced Beef with Creamy Peppercorn Sauce		LC	670	5	30
8	Beef and Veg Casserole (Limited Supply – Special Diet)		LC, LF, LS, GF	230	4	31
Chicken:						
9	Country Chicken		LC, LF	550	5	31
10	Chicken Cacciatore		LC, LF, LS	400	6	51
11	Roast Chicken Thigh		LC, LF	590	3	27
12	Lemon Chicken		LC, LF	420	15	60
13	Chicken Pot Pie		LC, LF	630	6	37
14	Sweet and Sour Chicken		LC, LF	710	15	50

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15	Chicken w. Bacon and Cheddar sauce		GF, LC	620	9	24
16	Turkey w. Stuffing		LC, LF	760	4	38
17	Turkey with Gravy (Limited Supply – Special Diet)		LC, LF, LS, GF	330	3	35
18	Hawaiian Chicken (Limited Supply – Special Diet)		LC, LF, LS, GF	280	11	50
Pork:						
19	Pork w. Stuffing		LC, LF, LS	390	7	30
20	Rib Style Pork Cutlet		LF	780	19	45
21	Bangers and Mash		-	1290	3	39
Fish:						
22	Fish Florentine		LC	520	7	25
23	Fish and Chips		LF	670	4	43
24	Salmon in Lemon Sauce		LC	520	2	29
25	Lemon Herb Fish		GF, LC, LF, LS	390	5	20
Vegetarian:						
26	Vegetarian Pasta Primavera		LC, LF, V	740	9	47
27	Mac and Cheese		V	690	10	50
28	Scrambled Eggs and Home fries		LC, V, LF	500	9	42
Special Diet Items:						
29	Puree (variety)		-	-	-	-
30	Minced (variety)		-	-	-	-
Total:						