

Bringing care and community together/ Apportant soin et communauté ensemble

Please call 613-591-3686 x 3 to place your frozen meal order

FROZEN MEAL WEEKLY ORDER FORM

Frozen Meals \$7.50 per meal

Minimum of 5 meals

Name:

Address:

Phone:

Date of Delivery:

Delivery Notes:

Substitutions:

	Entree	Qty	Sodium (mg)	Sugars (g)	Carbs (g)
Beef:					
1	Meatballs with peppers and onions		1000	18	46
2	Shepherds pie		865	7	34
3	Beef Stew		840	3	38
4	Meatloaf with gravy		1315	6	37
5	Macaroni and beef casserole		770	8	31
6	Meat lasagna		1085	10	52
7	Beef pot pie		480	4	46
8	Salisbury steak with mash potatoes, Peas, fried onions and gravy		405	3	29
9	Spaghetti and Meatballs		440	5	23
Chicken:					
10	Chicken a la king with roasted potatoes		590	3	31
11	Herbed chicken thigh with roasted potatoes		845	4	30
12	Chicken fettuccini alfredo with green beans		260	4	25
13	BBQ chicken drumstick with mashed potatoes		950	15	38
15	Chicken pot pie		585	6	46

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16	Lemon chicken		1060	12	46
17	Butter chicken		670	6	30
18	Turkey dinner		1355	7	53
Pork:					
19	Bangers & mash with onions and peas		1670	6	39
20	BBQ pork cutlet		575	18	43
21	Sweet & sour pork		715	4	38
22	Scrambled eggs with breakfast sausages		860	9	48
Fish:					
23	Teriyaki salmon		410	7	32
24	Lemon Dill Cod with rice and veg.		465	4	31
25	Fish and home fries		580	4	39
Vegetarian:					
26	Macaroni and cheese with veggies		160	5	49
27	Vegetarian pasta primavera		780	17	70
Special diet:					
28	Puree (variety from Apetito)		-	-	-
29	Minced (variety from Apetito)		-	-	-
30	Gluten Free (Variety from Apetito)		-	-	-
Total:					

****disclaimer**** Due to the handcrafted nature of our meals, we cannot guarantee that these products are free from ingredients that may affect those with food allergies. We recognize the seriousness of food allergies, and have made every attempt to identify ingredients that may cause an allergic reaction for those with food allergies, but we cannot assume any liability for adverse reactions to our products.