

MEALS ON WHEELS FROZEN MEAL ORDER

Pick-up Delivery

DELIVERY/ PICK-UP DATE: _____ ROUTE _____
(next day delivery if ordered by 11am)

NAME _____ PHONE _____

ADDRESS _____

COMMENTS _____ REGISTERED MOW

*****For up to date Nutritional information please visit: my.apetito.ca/nutridata***
****To ensure the meals meet your dietary needs speak to your dietician.******

ENTREES- \$5.25

BEEF

- _____ BBQ Beef Patty *NEW
- _____ Beef Stew
- _____ Beef Stroganoff
- _____ Chopped Swiss Steak
- _____ Italian Style Breaded Veal
- _____ Liver & Onions
- _____ Macaroni Meat Casserole
- _____ Meatballs in Gravy
- _____ Meat Lasagna
- _____ Meatloaf in Mushroom Gravy
- _____ Oriental Beef *NEW
- _____ Salisbury Steak
- _____ Shepherd's Pie
- _____ Sliced Beef w/ Peppercorn Sauce *NEW
- _____ Sliced Beef in Mushroom Gravy
- _____ Spaghetti Bolognese
- _____ Steak & Mushroom Pie
- _____ Traditional Pot Roast

POULTRY

- _____ Breaded Chicken Breast
- _____ Breaded Chicken Fingers
- _____ Chicken a la King
- _____ Chicken & Chorizo Jambalaya *NEW
- _____ Chicken Breast w/broccoli & wh ched
- _____ Chicken Breast w/Cheddar Bacon
- _____ Chicken Cacciatore
- _____ Chicken Pot Pie
- _____ Chicken Rose Pasta *NEW
- _____ Chicken Stew
- _____ Chicken w/Honey BBQ Sauce
- _____ Chicken w/Mushroom Gravy
- _____ Chicken w/Tangy BBQ Sauce
- _____ Country Chicken
- _____ General Tso's Chicken
- _____ Lemon Chicken
- _____ Roast Chicken Thigh
- _____ Sweet Curry Chicken *NEW
- _____ Sweet & Sour Chicken
- _____ Turkey Chili
- _____ Turkey with Stuffing

PORK

- _____ Apple Braised Pork
- _____ Baked Ham
- _____ Bangers & Mash
- _____ BBQ Rib-Style Pork Cutlet
- _____ Pork with Stuffing
- _____ Seasoned Pork Loin
- _____ Sweet & Sour Pork *NEW

VEGETABLE/CHEESE

- _____ Chana Masala
- _____ Cheese Omelet
- _____ Macaroni & Cheese
- _____ Mexican Rice & Bean Cass. *NEW
- _____ Pasta Primavera
- _____ Scrambled Eggs/Home Fries
- _____ Spaghetti & Tomato Sauce
- _____ Vegetable Lasagna
- _____ Vegetarian Chile
- _____ Vegetarian Dhal
- _____ Vegetarian Stew

FISH

- _____ Asian Glazed Salmon
- _____ Fish Cakes
- _____ Fish & Chips
- _____ Fish Florentine
- _____ Lemon Herb Fish
- _____ Salmon in Lemon Sauce
- _____ Tuna Pasta Casserole *NEW

DESSERTS \$2.50

- _____ Apple Crisp
- _____ Banana Cake
- _____ Blueberry Cake (no added sugar)
- _____ Butter Tart
- _____ Carrot Cake
- _____ Cheesecake (no added sugar)
- _____ Cherry Cobbler
- _____ Cherry Cheesecake
- _____ Cherry Streusel
- _____ Chocolate Brownie
- _____ Chocolate Fudge Cake
- _____ Fruit Cocktail
- _____ Lemon Layer Cake
- _____ Lemon Tart
- _____ Light Chocolate Mousse
- _____ Light Strawberry Mousse
- _____ Light Tangerine Mousse
- _____ Orange Layer Cake
- _____ Peach Cobbler
- _____ Pecan Tart
- _____ Raspberry Tart
- _____ Rice Pudding
- _____ Sticky Toffee Pudding
- _____ Strawberry Shortcake

SOUPS - \$2.50

- _____ Beef Barley
- _____ Beef & Vegetable
- _____ Broccoli Soup
- _____ Carrot Soup
- _____ Chicken Noodle
- _____ Chicken & Vegetable
- _____ Country Vegetable
- _____ Cream of Cauliflower
- _____ Cream of Mushroom
- _____ Cream of Potato & Leek
- _____ Cream of Tomato
- _____ Minestrone
- _____ Split Pea & Ham
- _____ Squash
- _____ Turkey Rice

TOTAL

Entrees _____ x \$5.25 = _____
 Desserts _____ x \$2.50 = _____
 Soups _____ x \$2.50 = _____

TOTAL \$: _____

Order Taken By: _____
 (Initials)

Order Filled By: _____
 (Initials)

Payment Rec'd By: _____	
Amount Rec'd: \$ _____	
Cash <input type="checkbox"/>	Cheque <input type="checkbox"/>
Interact <input type="checkbox"/>	Credit Card <input type="checkbox"/>
Invoiced <input type="checkbox"/>	

CIMS Data Entry