



Annual Fundraiser  
for Community Care Peterborough  
– a registered Canadian Charity  
helping seniors and people with physical  
challenges to live in their own home.

Enjoy a freshly-prepared boxed lunch delivered to your workplace **any Wednesday in March!**  
You will also be helping to provide Meals on Wheels to a senior in your community.

**Option 1 - Salad**

Baby spinach, radicchio, radish shoots, sunflower sprouts, lemon-thyme goat cheese, dried cranberries, candied walnuts and a citrus Dijon dressing. Herbed biscuit included. \*Lactose-free omits goat cheese\*

- Or -

**Option 2 - Sandwich**

Sliced chicken breast on a calabrese bun, topped with local greens and radish shoots with a roasted red pepper and garlic aioli. \*Vegetarian option substitutes chicken with chickpea salad\*

**Both options come with a side of roasted tomato soup and rhubarb coffee cake with a lemon glaze for dessert.**

**\*Orders must be received at least 7 days prior to delivery day. Quantities are limited per day.\***

\*Deliveries available to workplaces within the City of Peterborough\*

Questions? Speak with \_\_\_\_\_ who is coordinating the order for your workplace.

**Name of business:** \_\_\_\_\_ **Business address:** \_\_\_\_\_

Select the date and time for your lunch delivery:

11:30 – 12:00PM

March 6<sup>th</sup>

March 13<sup>th</sup>

March 20<sup>th</sup>

March 27<sup>th</sup>

12:00 – 12:30PM

Name	Your meal choice (\$10)	Sponsor meals for a senior? (optional) <small>Charitable tax receipts available for donations of \$10 or more</small>	Total
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	
	<input type="radio"/> Salad <input type="radio"/> Lactose-free salad <input type="radio"/> Sandwich <input type="radio"/> Vegetarian sandwich	<input type="radio"/> A meal (\$10) <input type="radio"/> A week (\$50) <input type="radio"/> Other \$____	

Questions? Contact Iris at Community Care: 705-742-7067 ext. 202 or email [icrowder@commcareptbo.org](mailto:icrowder@commcareptbo.org)



## Meals to Go Menu

- Starter -

Roasted Tomato Soup



- Main -

Salad with Herbed Biscuit

Baby spinach, radicchio, radish shoots, sunflower sprouts, lemon-thyme goat cheese donated by **Cross Wind Farm**, dried cranberries and candied walnuts topped with a citrus dijon dressing.

~ or ~



Sandwich with Sliced Chicken Breast

Sliced chicken breast on a calabrese bun topped with leaf lettuce and locally sourced radish shoots with a roasted red pepper & garlic aioli.



- Dessert -

Rhubarb Coffee Cake with Lemon Glaze



- \* Vegetarian option for sandwich available, substitutes chicken for chickpea salad
- \* Lactose free salad available, removes goat cheese