

# MEALS ON WHEELS FROZEN MEALS- SPECIAL ORDER FORM

Pick-up  Delivery

DELIVERY/ PICK-UP DATE \_\_\_\_\_ ROUTE \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ REGISTERED MOW

COMMENTS \_\_\_\_\_

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

## SPECIAL DIET MEALS \$5.25 each

**(Options available for Lactose Free, Gluten Free, and Controlled Potassium & Phosphorus Diets)**

- |                                |                     |
|--------------------------------|---------------------|
| ___ Apple Pork                 | ___ Herbed Fish     |
| ___ Beef & Vegetable Casserole | ___ Pot Roast Beef  |
| ___ Chicken with Gravy         | ___ Turkey in Gravy |
| ___ Hawaiian Chicken           |                     |

## MINCED ENTREES \$5.25 each

- |                        |                          |
|------------------------|--------------------------|
| ___ Apple Braised Pork | ___ Honey Dijon Pork     |
| ___ Beef Dinner        | ___ Pesto Chicken        |
| ___ Beef Stew          | ___ Sweet & Sour Chicken |
| ___ Chicken a la King  | ___ Turkey Dinner        |
| ___ Ham                | ___ Pasta Primavera      |

## PUREED ENTREES \$5.25 each

- \_\_\_ Apple Braised Pork
- \_\_\_ Beef & Vegetable Casserole
- \_\_\_ Chicken a la King
- \_\_\_ Chicken Cacciatore
- \_\_\_ Creamed Salmon
- \_\_\_ Lemon Herb Fish
- \_\_\_ Lasagna
- \_\_\_ Macaroni & Cheese
- \_\_\_ Meatloaf
- \_\_\_ Pot Roast Beef
- \_\_\_ Shepherd's Pie
- \_\_\_ Spaghetti Bolognese
- \_\_\_ Sweet & Sour Chicken
- \_\_\_ Turkey Casserole
- \_\_\_ Turkey Dinner

## THICKENED PUREED SOUPS \$2.50 each

- \_\_\_ Broccoli
- \_\_\_ Carrot
- \_\_\_ Cauliflower
- \_\_\_ Chicken Noodle
- \_\_\_ Mushroom
- \_\_\_ Tomato Beef

## VEGETABLE/CHEESE \$5.25 each

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

### TOTAL

Entrees \_\_\_\_\_ x \$5.25 = \_\_\_\_\_

Soups \_\_\_\_\_ x \$2.50 = \_\_\_\_\_

**TOTAL = \_\_\_\_\_**

**Order Taken by** \_\_\_\_\_

**Order Filled by** \_\_\_\_\_

Payment Rec'd By: \_\_\_\_\_

Amount Rec'd: \$ \_\_\_\_\_

**Cash**  **Cheque**

**Interac**  **Credit Card**

**Invoiced**