



Bruce Peninsula & Area – Regular Diet Frozen Food Order

Box 10, 671 Frank Street, Wiarton, Ontario N0H 2T0

Phone: 519-534-1728 Toll Free: 1-800-696-1458 Fax: 519-534-2778

Client

Name: _____ Address: _____ Phone: _____

BEEF

- Beef Stew
- Beef Stroganoff
- Veal Parmigiana
- Chopped Swiss Steak
- Macaroni Meat Casserole
- Meatloaf in Mushroom Gravy
- Salisbury Steak**
- Shepherd's Pie
- Traditional Pot Roast
- Steak & Mushroom Pie **
- Spaghetti Bolognese
- Liver & Onions
- Meat Lasagna

POULTRY

- Breaded Chicken Breast**
- Breaded Chicken Fingers
- Chicken Pot Pie
- Chicken a la King
- Country Chicken
- Sweet & Sour Chicken
- Turkey with Stuffing & Cran.
- Chicken Stew
- Chicken Cacciatore
- Chicken Souvlaki
- Roast Chicken
- Butter Chicken

FISH

- Fish & Chips**
- Fish Florentine
- Lemon Herb Fish
- Salmon in Lemon Sauce
- Asian Glazed Salmon

CHINESE

- Pineapple Chicken**
- Ginger Chicken**
- Chicken with Water Chestnuts
- Pork Chow Mein

PORK

- Country Style Pork Casserole
- Baked Ham
- Italian Sausage Pasta
- Pork with Stuffing
- Egg & Bacon Brunch
- Tourtiere Meat Pie
- Bangers & Mash**
- BBQ Rib Style Pork Cutlet
- Seasoned Pork Loin with Gravy

VEGETARIAN

- Vegetarian Chili**
- Vegetarian Curry
- Vegetarian Dhal
- Vegetarian Pasta Primavera
- Vegetarian Stew**
- Vegetarian Tofu Oriental
- Cheese Omelett**
- Cheese & Potato Perogies
- Vegetable Lasagna
- Macaroni & Cheese

REGULAR SOUPS

- Beef Barley
- Cream of Carrot
- Chicken Noodle
- Minestrone
- Country Vegetable
- Cream of Leek & Potato
- Cream of Broccoli
- Chicken Vegetable
- Harvest Vegetable
- Tomato Cream
- Vegetable Beef
- Mulligatawny Soup
- Cream of Cauliflower Cheddar
- Chicken Rice
- Cream of Green Pea
- Cream of Mushroom
- French Onion
- Cream of Butternut Squash
- Corn & Potato Chowder

BREAKFAST SNACKS**

- Apple Juice
- Orange Juice
- ** Order 1 Juice and 1 Starch**
- Carrot Muffin
- Raisin Bran Muffin
- Cream of Wheat Cereal
- Oatmeal Cereal

REGULAR DESSERTS

- Oatmeal Date
- Tripleberry Crumble
- Butter Tart
- Carrot Cake
- Strawberry Shortcake
- Chocolate Fudge Cake
- Vanilla Pudding (2)
- Cherry Cheesecake
- Pecan Pie
- Banana Cake
- Lemon Tart
- Mini Cinnamon Rolls
- Mini Brownies
- Raspberry Tart
- Orange Layer Cake
- Mini Chocolate Macaroon
- Lemon Layer Cake
- Sticky Toffee Pudding

LOW SUGAR DESSERTS

- Cheesecake
- Apple Crisp
- Cherry Cobbler
- Fruit Cocktail
- Peach Cobbler
- Rice Pudding
- Chocolate Mousse
- Strawberry Mousse
- Tangerine Mousse
- Cherry Cake

** Not Suitable For Salt Free Diets



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Name: _____ Address: _____ Phone: _____

SPECIAL DIET MEALS

- ___ Special Diet Apple Pork
- ___ Special Diet Hawaiian Chicken
- ___ Special Diet Beef & Vegetable Casserole
- ___ Special Diet Herbed Fish
- ___ Special Diet Turkey with Gravy
- ___ Special Diet Chicken with Gravy
- ___ Special Diet Pot Roast with Rice & Peas

THICKENED PUREE SOUPS

- ___ Thickened Cream of Carrot
- ___ Thickened Cream of Cauliflower
- ___ Thickened Chicken Noodle
- ___ Thickened Cream of Broccoli
- ___ Thickened Cream of Mushroom
- ___ Thickened Tomato Beef

MINCED ENTREES

- ___ Minced Beef
- ___ Minced Apple Braised Pork
- ___ Minced Ham
- ___ Minced Chicken a la King
- ___ Minced Turkey
- ___ Minced Beef Stew
- ___ Minced Pasta Primavera

LOW SODIUM SOUPS

- ___ Low Sodium Chicken Noodle
- ___ Low Sodium Country Veg.
- ___ Low Sodium Minestrone
- ___ Low Sodium Tomato Lentil

PUREE ENTREES

- ___ Chicken a la King Puree**
- ___ Apple Braised Pork Puree**
- ___ Macaroni & Cheese Puree**
- ___ Shepherds Pie Puree**
- ___ Turkey Puree**
- ___ Beef & Vegetable Casserole Puree**
- ___ Pot Roast Puree**
- ___ Sweet & Sour Chicken Puree**
- ___ Lemon Herb Fish Puree**
- ___ Chicken Cacciatore Puree**
- ___ Turkey Casserole Puree**
- ___ Liver & Onions Puree**
- ___ Creamed Salmon Puree**

PUREE DESSERTS

- ___ Tangerine Mousse
- ___ Vanilla Pudding (2)
- ___ Chocolate Mousse
- ___ Strawberry Mousse

Not Suitable for Salt Free Diets **

BRUCE PENINSULA & AREA
FROZEN FOOD ORDER INSTRUCTIONS

Call or send your Frozen Food order to:

Home & Community Support Services
Box 10, 671 Frank Street
Warton, Ontario
N0H 2T0

Phone: 519-881-4800
Toll Free: 1-800-696-1458

Fax: 519-534-2778

Please pay attention to the monthly order deadlines and delivery dates listed below.

<u>ORDER DEADLINES</u> Place your order on or before the dates below:	<u>DELIVERY DATES</u> Your order will be delivered on the dates below:
Tuesday Jan 18, 2011	Wednesday January 26, 2011
Tuesday Feb 15, 2011	Wednesday February 23, 2011
Tuesday Mar 15, 2011	Wednesday March 23, 2011
Tuesday April 19, 2011	Wednesday April 27, 2011
Tuesday May 17, 2011	Wednesday May 25, 2011
Tuesday June 21, 2011	Wednesday June 29, 2011
Tuesday July 19, 2011	Wednesday July 27, 2011
Tuesday July 19, 2011	Wednesday July 27, 2011
Tuesday August 16, 2011	Wednesday August 24, 2011
Tuesday September 20, 2011	Wednesday Sept. 28, 2011
Tuesday October 18, 2011	Wednesday October 26, 2011
Tuesday November 15, 2011	Wednesday Nov. 23, 2011
Tuesday December 20, 2011	Wednesday Dec. 28, 2011
Tuesday Jan. 17, 2012	Wednesday January 25, 2012

MINIMUM ORDER

7 Entrees for \$28.50
OR
5 Entrees and
any combination of
Soups and/or Desserts
for \$28.50

Note: Additional entrees,
desserts and soups may be
ordered for the following
prices:

Entrees - \$4.25
Desserts - \$1.55
Soups - \$1.55
Breakfast Snack - \$1.55

HEATING INSTRUCTIONS

Entrees can be heated in the microwave or conventional oven.
DO NOT USE A TOASTER OVEN.
Follow the heating instructions found on the package.

FOR YOUR CONVENIENCE

- ♥ Please make sure your order is placed in the freezer immediately upon delivery.
- ♥ We will be calling all clients for their orders the week before the above deadlines.
Please feel free to call, mail or fax your order in anytime prior to the monthly deadlines.
- ♥ We have gift certificates available for you to give to eligible friends or family who may be in need of frozen meals or who may be interested in just trying them. Call our office to purchase your gift certificates.
- ♥ If you are not going to be home on the day your frozen meals are to be delivered please remember to call our office to make pick up arrangements.