

**OWEN SOUND AREA
FROZEN FOOD ORDER INSTRUCTIONS**

Call or send your Frozen Food order to:

Home & Community Support Services
875 6TH St. E
Owen Sound, Ontario N4K 5W5

Phone: 519-372-2091 Ext. 2224
Toll Free: 1-800-267-3798
Fax: 519-371-3682

mow@homecommunitysupport.com

ORDER DEADLINES Place your order on or before the dates below:	DELIVERY DATES Your order will be delivered on the dates below:
Tuesday January 10, 2017	Thursday January 19, 2017
Tuesday February 7, 2017	Thursday February 16, 2017
Tuesday March 7, 2017	Thursday March 16, 2017
Tuesday April 11, 2017	Thursday April 20, 2017
Tuesday May 9, 2017	Thursday May 18, 2017
Tuesday June 6, 2017	Thursday June 15, 2017
Tuesday July 11, 2017	Thursday July 20, 2017
Tuesday August 8, 2017	Thursday August 17, 2017
Tuesday September 12, 2017	Thursday September 21, 2017
Tuesday October 10, 2017	Thursday October 19, 2017
Tuesday November 07, 2017	Thursday November 16, 2017
Tuesday December 12, 2017	Thursday December 21, 2017
Tuesday January 9, 2018	Thursday January 18, 2018

<u>MINIMUM ORDER</u>
7 Entrees or 8 Pureed for \$31.80 OR 5 Entrees and any combination of 5 Soups and/or Sides and /or Desserts for \$31.80
Note: Additional entrees, desserts and soups may be ordered for the following prices: Entrees - \$4.75 Puree - \$4.00 Desserts/Soups/Side - \$1.75
Effective May 1, 2016

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 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.

Entrée Plus

FROZEN MEAL PROGRAM

FULL DIET

ENTREE PLUS

NAME: _____

ROUTE: _____

DELIVERY DATE: _____

ENTREES

- 101 ___ Cheese Omelet D
- 201 ___ Bangers and Mash D
- 202 ___ Beef Stew D LF
- 204 ___ Swiss Steak D
- 205 ___ Liver and Onions D LS
- 207 ___ Salisbury Steak D
- 208 ___ Cabbage Roll D
- 209 ___ Beef Stroganoff D LS LF
- 210 ___ Chicken a la King D LS LF
- 211 ___ Breaded Veal Cutlet D
- 212 ___ Meatloaf D
- 213 ___ Roast Pork Loin D LF
- 214 ___ Roast Turkey D LS LF
- 215 ___ Pork Medallions D LS LF
- 216 ___ Chicken Divan D
- 217 ___ Pot Roast D LS
- 218 ___ Honey-Mustard Ham D LF
- 219 ___ Shepherd's Pie D LS LF
- 221 ___ Chicken Fingers
- 222 ___ Boneless BBQ Ribs D
- 223 ___ Boneless Pork Chop D LS
- 225 ___ BBQ Chicken D LS LF
- 226 ___ Swedish Meatballs D
- 227 ___ Italian Sausage Penne D
- 302 ___ Salmon Fillet D LS LF
- 303 ___ Fish and Chips LS
- 304 ___ Tuna Casserole D LS LF
- 305 ___ Fish Florentine D LS
- 306 ___ Fillet of Sole D
- 401 ___ Sweet + Sour Chicken LS LF
- 402 ___ Teriyaki Chicken D LF

- 404 ___ Sweet+Sour Chicken Balls D LF
- 405 ___ Honey Garlic Ribs LF
- 501 ___ Spaghetti and Meatballs D
- 502 ___ Lasagna D LF
- 503 ___ Chicken Cacciatore D
- 504 ___ Chicken Alfredo LF
- 602 ___ Macaroni and Cheese D
- 603 ___ Vegetarian Lasagna D LF
- 701 ___ Beef Pot Pie
- 702 ___ Chicken Pot Pie

SOUPS

- S-1 ___ French Onion D LF
- S-2 ___ Chicken Noodle D LF
- S-3 ___ Beef Barley D LF
- S-4 ___ Hearty Vegetable D LF
- S-5 ___ Minestrone D LF
- S-6 ___ Cream of Broccoli D
- S-7 ___ Cream of Mushroom D
- S-8 ___ Cream of Potato/Leek D
- S-9 ___ Cream of Carrot D
- S-10 ___ Cream of Celery D
- S-11 ___ Cream of Tomato D LF
- S-12 ___ Cream of Chicken/Veg. D LF
- S-13 ___ N.E. Clam Chowder D
- S-14 ___ Steak + Potato Soup D LF

Side Dishes

- 801 ___ Chicken Caesar Pasta Salad D LS
- 803 ___ Wieners + Beans D
- 804 ___ Beef Chili D

DESSERTS

- D-1 ___ Deep Dutch Brownie LS
- D-2 ___ Caramel Apple Crumble
- D-3 ___ Date Square
- D-4 ___ Nanaimo Bar
- D-5 ___ Carrot Cake D LS
- D-6 ___ Chocolate Fudge Cake LS
- D-7 ___ Orange Citrus Cake D
- D-8 ___ Banana Split Cake
- D-9 ___ Maple Chocolate Mania D
- D-10 ___ Butterscotch
- D-11 ___ Rice Pudding D LS LF
- D-12 ___ Chocolate Pudding
- D-13 ___ Butterscotch Pudding
- D-14 ___ Cherry Crisp LS
- D-15 ___ Peach Cobbler
- D-16 ___ Cheese Cake D LS
- D-17 ___ Sticky Toffee Pudding Cake
- D-18 ___ Apple Streusel Cake D LS
- D-19 ___ Fruit Cocktail D LS LF
- D-21 ___ Black Forest Cake D LS
- D-24 ___ Pecan Streusel Cake D LS
- D-26 ___ Triple Berry Crumble LS
- D-27 ___ Raspberry Tart

Diet Codes:

- D suitable for Diabetic Diet
- LS suitable for Low Salt Diet
- LF suitable for Low Fat Diet