

## FROZEN MEALS ON WHEELS

North Grey	Phone: 519-372-2091 Fax: 519-371-3682	mow@homecommunitysupport.com
Meaford/ Thornbury	Ext. 2224	

### MINIMUM ORDER

7 entrees: \$33.40

8 puree: \$33.40

or

5 entrees and any combination of 5 soup and/or desserts for \$33.40

Additional items may be ordered individually

entrees: \$4.95    puree: \$4.20    desserts: \$1.85    side dishes: \$1.85    soups: \$1.85

Phone, mail or fax your order to the East Grey office  
before the deadlines listed below:

DEADLINE FOR ORDERING	DELIVERY DATE	<u>HEATING INSTRUCTIONS</u>
December 12, 2017	December 21, 2017	Entrees can be heated in the microwave or conventional oven.
January 9, 2018	January 18, 2018	DO NOT USE A TOASTER OVEN.
February 6, 2018	February 15, 2018	Follow the heating instructions found on the package.
March 6, 2018	March 15, 2018	
April 10, 2018	April 19, 2018	
May 8, 2018	May 17, 2018	
June 12, 2018	June 21, 2018	
July 10, 2018	July 19, 2018	
August 7, 2018	August 16, 2018	
September 11, 2018	September 20, 2018	
October 9, 2018	October 18, 2018	
November 6, 2018	November 15, 2018	
December 11, 2018	December 20, 2018	

### FOR YOUR CONVENIENCE

Please make sure your order is placed in the freezer immediately upon delivery.

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.

**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.**