

**OWEN SOUND AREA  
FROZEN FOOD ORDER INSTRUCTIONS**

**Call or send your Frozen Food order to:**

Home & Community Support Services  
875 6<sup>TH</sup> 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](mailto:mow@homecommunitysupport.com)

<b>ORDER DEADLINES</b> Place your order on or before the dates below:	<b>DELIVERY DATES</b> Your order will be delivered on the dates below:
Tuesday December 12, 2017	December 21, 2017
Tuesday January 9, 2018	Thursday January 18, 2018
Tuesday February 6, 2018	Thursday February 15, 2018
Tuesday March 6, 2018	Thursday March 15, 2018
Tuesday April 10, 2018	Thursday April 19, 2018
Tuesday May 8, 2018	Thursday May 17, 2018
Tuesday June 12, 2018	Thursday June 21, 2018
Tuesday July 10, 2018	Thursday July 19, 2018
Tuesday August 7, 2018	Thursday August 16, 2018
Tuesday September 11, 2018	Thursday September 20, 2018
Tuesday October 9, 2018	Thursday October 18, 2018
Tuesday November 06, 2018	Thursday November 15, 2018
Tuesday December 11, 2018	Thursday December 20, 2018

**MINIMUM ORDER**  
Price increase as of  
Dec 1, 2017

7 Regular Entrees or  
8 Puree Entrees or  
5 Regular Entrees and any  
combination of 5  
Soups/Desserts/Sides for  
\$33.40

Note: Additional entrees,  
desserts and soups may be  
ordered for the following  
prices:  
Entrees \$4.95  
Puree Entrees \$4.20  
Desserts \$1.85  
Soups \$1.85  
Side Dishes \$1.85

**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 \_\_\_ Buttertart
- 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