



Owen Sound & North Grey Area – Regular Diet Frozen Food Order

Heritage Place Mall, 1350 16th Street East, Owen Sound, Ontario N4K 6PN

Phone: 519-371-0667 Toll Free: 1-800-267-3798 Fax: 519-371-5793

Client

Name: _____ Address: _____ Phone: _____

BEEF

- ___ Beef Stew
- ___ Beef Stroganoff
- ___ Breaded Veal Cutlet**
- ___ Chopped Swiss Steak
- ___ Macaroni Meat Casserole
- ___ Meatloaf in Mushroom

Gravy

- ___ Salisbury Steak**
- ___ Shepherd's Pie
- ___ Traditional Pot Roast

- ___ Steak & Mushroom Pie* **

- ___ Spaghetti & Meatballs
- ___ Liver & Onions

- ___ Meat Lasagna

POULTRY

- ___ Breaded Chicken Breast**
- ___ Breaded Chicken Nuggets
- ___ Chicken Pot Pie*
- ___ Chicken a la King
- ___ Country Chicken
- ___ Sweet & Sour Chicken
- ___ Turkey with Stuffing

- ___ Turkey Casserole
- ___ Chicken Cacciatore
- ___ Chicken Souvlaki
- ___ Roast Chicken

FISH

- ___ Fish & Chips**
- ___ Fish Florentine

- ___ Lemon Herb Fish
- ___ Salmon in Lemon Sauce

- ___ Creamed Salmon

CHEESE

- ___ Vegetable Lasagna

PORK

- ___ Apple Braised Pork
- ___ Ham in Maple Sauce
- ___ Hawaiian Pork
- ___ Pork with Stuffing
- ___ Sausage & Waffles**
- ___ Tourtiere Meat Pie

- ___ Bangers & Mash**
- ___ Cheese Omelet**
- ___ BBQ Rib Style Pork Cutlet

- ___ Seasoned Pork Loin with Gravy

VEGETARIAN

- ___ Vegetarian Chili**
- ___ Vegetarian Curry
- ___ Vegetarian Dhal

- ___ Vegetarian Pasta Primavera
- ___ Vegetarian Shepherd's Pie
- ___ Vegetarian Stew**
- ___ Vegetarian Tofu Oriental

REGULAR SOUPS

- ___ Beef Barley
- ___ Cream of Carrot
- ___ Chicken Noodle
- ___ Minestrone
- ___ Country Vegetable
- ___ Leek & Potato

- ___ Cream of Broccoli
- ___ Chicken Vegetable

- ___ Harvest Vegetable
- ___ Tomato Cream

- ___ Vegetable Beef
- ___ Chicken Supreme
- ___ Cauliflower Cheddar

- ___ Chicken Rice

BREAKFAST SNACKS**

- ___ Apple Juice
 - ___ Orange Juice
 - ___ Carrot Muffin
 - ___ Raisin Bran Muffin
 - ___ Cream of Wheat Cereal
 - ___ Oatmeal Cereal

 - ___ Pancakes with Syrup
- ** Order 1 Juice and 1 Starch**

REGULAR DESSERTS

- ___ Oatmeal Date
- ___ Tripleberry Crumble

- ___ Butter Tart
- ___ Carrot Cake
- ___ Strawberry Shortcake

- ___ Pecan Streusel
- ___ Chocolate Fudge Cake
- ___ Vanilla Pudding (2)
- ___ Cherry Cheesecake
- ___ Black Forest Mousse
- ___ Maple Chocolate Mania
- ___ Lemonburst Macaroon

- ___ Banana Cake
- ___ Lemon Tart
- ___ Tangerine Mousse
- ___ Mini Cinnamon Rolls
- ___ Mini Brownies
- ___ Mini Chocolate Chip Cookies
- ___ Chocolate Chunk Brownie
- ___ Chocolate Macaroon Cookies

LOW SUGAR DESSERTS

- ___ Apple Crisp
- ___ Peach Cobbler
- ___ Rice Pudding

- ___ Cherry Cobbler

___ Macaroni & Cheese

CHINESE

___ Pineapple Chicken**

___ Ginger Chicken**

___ Chicken with Water

Chestnuts

___ Pork Chow Mein

* Oven Re-heat Only ** Not Suitable for Salt Free Diets

___ Green Pea

___ Mushroom

___ French Onion

___ Tomato Beef

___ Squash

___ Tomato Rice

___ Fruit Cocktail

___ Blueberry Crisp

___ Strawberry Rhubarb Crisp

___ Orange Delight

___ Chocolate Mousse

___ Strawberry Mousse

___ Tangerine Mousse

Owen Sound & North Grey Area
FROZEN FOOD ORDER INSTRUCTIONS

Call or send your Frozen Food order to:

Home & Community Support Services
 Heritage Place Mall
 1350 16th Street East,
 Owen Sound, Ontario
 N4K 6N7

Phone: 519-371-0667

Toll Free: 1-800-267-3798

Fax: 519-371-5793

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, January 15, 2013	Thursday, January 24, 2013
Tuesday, February 12, 2013	Thursday, February 21, 2013
Tuesday, March 12, 2013	Thursday, March 21, 2013
Tuesday, April 16, 2013	Thursday, April 25, 2013
Tuesday, May 14, 2013	Thursday, May 23, 2013
Tuesday, June 11, 2013	Thursday, June 20, 2013
Tuesday, July 16, 2013	Thursday, July 25, 2013
Tuesday, August 13, 2013	Thursday, August 22, 2013
Tuesday, September 17, 2013	Thursday, September 26, 2013
Tuesday, October 15, 2013	Thursday, October 24, 2013
Tuesday, November 12, 2013	Thursday, November 21, 2013
Tuesday, December 10, 2013	Thursday, December 19, 2013
Tuesday, January 14, 2014	Thursday, January 23, 2014

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.