

NAME:
ADDRESS:
CITY:
PHONE:
DATE:

# Frozen Meal Order Form

2235 Parkedale Ave. Brockville, ON,  
K6V 6B2  
1-800-465-7646 or 613-342-3693

_____ Entrees @ \$5.50 _____
_____ Soups @ \$2.00 _____
_____ Desserts @ \$2.00 _____
_____ Full Meals @ \$9.50 _____
TOTAL: _____ COD: _____
Bill to: VAC SMILE ICART CLIENT

## Perth Entrees (Foil)

### BEEF

- \_\_\_\_\_ Meatloaf w/Mashed Potatoes\*(D)
- \_\_\_\_\_ Hamburger Steak w/Hash Brown Casserole\* (D)
- \_\_\_\_\_ Beef Stew in Gravy w/Mashed Potatoes\* (GF/D)
- \_\_\_\_\_ Roast Beef w/Mashed Potatoes\* (GF/D)

### POULTRY

- \_\_\_\_\_ Tomato Oregano Chicken Breast w/Mashed Pot.\*(GF/D)
- \_\_\_\_\_ Herb & Garlic Chicken Breast w/Roasted Pot.\* (GF/D)
- \_\_\_\_\_ Chicken Stew w/Mashed Potatoes (D)
- \_\_\_\_\_ Chicken Parmesan w/Rice Pilaf
- \_\_\_\_\_ Roast Turkey w/Mashed Potatoes

### PORK

- \_\_\_\_\_ BBQ Pork Riblet w/Hash Brown Casserole
- \_\_\_\_\_ Pork Sausage in Tomatoes w/Mashed Potatoes
- \_\_\_\_\_ Ham w/Scalloped Potatoes & Brown Beans
- \_\_\_\_\_ Stuffed Pork Loin w/Rice Pilaf
- \_\_\_\_\_ Roast Pork w/Mashed Potatoes\* (GF/D)

### FISH

- \_\_\_\_\_ Salmon w/Lemon Dill Sauce & Rice Pilaf\* (GF)
- \_\_\_\_\_ Haddock w/Mashed Potatoes\* (GF/D)

### PASTA

- \_\_\_\_\_ Meat Lasagna
- \_\_\_\_\_ Macaroni Cheese Dinner

**GF-Gluten Free**  
**D-Diabetic Friendly**  
  
Diabetic Friendly meals are **5g of sugar or less per serving**

\*Indicates Low Sodium

## Apetito Entrees

### BEEF

- \_\_\_\_\_ Macaroni and Meat Casserole
- \_\_\_\_\_ Meatloaf in Mushroom Gravy
- \_\_\_\_\_ Salisbury Steak (D)
- \_\_\_\_\_ Spaghetti Bolognese
- \_\_\_\_\_ Meatballs & Peppers (D)
- \_\_\_\_\_ BBQ Beef Patty

### FISH

- \_\_\_\_\_ Fish & Chips (D)
- \_\_\_\_\_ Lemon Herb Fish (GF/D)
- \_\_\_\_\_ Asian Glazed Salmon (D)

### CHICKEN & TURKEY

- \_\_\_\_\_ Breaded Chicken Fingers (D)
- \_\_\_\_\_ Chicken Pot Pie
- \_\_\_\_\_ Sweet & Sour Chicken
- \_\_\_\_\_ Lemon Chicken
- \_\_\_\_\_ Breast w/Chedd & Bacon (GF)
- \_\_\_\_\_ Chicken w/Honey BBQ Sauce
- \_\_\_\_\_ Turkey or Chicken w/Gravy\* (GF/D)

### PORK

- \_\_\_\_\_ Apple Braised Pork
- \_\_\_\_\_ Bangers & Mash (D)

### VEGETARIAN

- \_\_\_\_\_ Scrambled Egg Home Fries
- \_\_\_\_\_ Macaroni & Cheese
- \_\_\_\_\_ Vegetarian Chili (D)
- \_\_\_\_\_ Mexican Rice & Bean Casserole

## Soups

### SOUPS (all low sodium)

- \_\_\_\_\_ Beef Barley
- \_\_\_\_\_ Shepherd's Pie
- \_\_\_\_\_ Hamburger Macaroni
- \_\_\_\_\_ Chicken Noodle
- \_\_\_\_\_ Chicken Potato
- \_\_\_\_\_ Chicken Corn Chowder
- \_\_\_\_\_ Chicken Vegetable (GF)
- \_\_\_\_\_ Chicken Rice (GF)
- \_\_\_\_\_ Broccoli Cheese
- \_\_\_\_\_ Cauliflower Chowder
- \_\_\_\_\_ Cream of Mushroom
- \_\_\_\_\_ Potato Bacon
- \_\_\_\_\_ Split Pea with Ham (GF)

## Desserts

### CAKES

- \_\_\_\_\_ Lemon w/Lemon Glaze
- \_\_\_\_\_ Carrot w/Cream Cheese Icing
- \_\_\_\_\_ Chocolate w/Chocolate Icing
- \_\_\_\_\_ Spice w/Cream Cheese Icing (D)
- \_\_\_\_\_ Banana w/Brown Sugar Icing
- \_\_\_\_\_ Strawberry w/Strawberry Icing
- \_\_\_\_\_ Cherry Cheese Cake

### TARTS

- \_\_\_\_\_ Buttermilk
- \_\_\_\_\_ Raisin Buttermilk
- \_\_\_\_\_ Pecan Buttermilk
- \_\_\_\_\_ Apple Crumble

### SQUARES

- \_\_\_\_\_ Date
- \_\_\_\_\_ Lemon
- \_\_\_\_\_ Chocolate Brownie (D)

### MINI LOAVES

- \_\_\_\_\_ Banana
- \_\_\_\_\_ Lemon (D)



Please note: Desserts can be requested as diabetic friendly or gluten free