

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*
 - _____ Hamburger Steak w/Hash Brown Casserole*
 - _____ Beef Stew in Gravy w/Mashed Potatoes* (GF)
 - _____ Roast Beef w/Mashed Potatoes* (GF)
- POULTRY**
- _____ Tomato Oregano Chicken Breast w/Mashed Pot.* (GF)
 - _____ Herb & Garlic Chicken Breast w/Roasted Pot.* (GF)
 - _____ Chicken Stew w/Mashed Potatoes
 - _____ 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)
- FISH**
- _____ Salmon w/Lemon Dill Sauce & Rice Pilaf* (GF)
 - _____ Haddock w/Mashed Potatoes* (GF)
- PASTA**
- _____ Meat Lasagna
 - _____ Macaroni Cheese Dinner

Apetito Entrees

- BEEF**
- _____ Macaroni and Meat Casserole
 - _____ Meatloaf in Mushroom Gravy
 - _____ Salisbury Steak
 - _____ Spaghetti Bolognese
 - _____ Meatballs & Peppers
 - _____ BBQ Beef Patty
- FISH**
- _____ Fish & Chips
 - _____ Lemon Herb Fish (GF)
 - _____ Asian Glazed Salmon
- CHICKEN & TURKEY**
- _____ Breaded Chicken Fingers
 - _____ Chicken Pot Pie
 - _____ Sweet & Sour Chicken
 - _____ Lemon Chicken
 - _____ Breast w/Chedd & Bacon (GF)
 - _____ Chicken w/Honey BBQ Sauce
 - _____ Chicken w/Gravy* (GF)
- PORK**
- _____ Apple Braised Pork
 - _____ Bangers & Mash
- VEGETARIAN**
- _____ Scrambled Egg Home Fries
 - _____ Macaroni & Cheese
 - _____ Vegetarian Chili
 - _____ Mexican Rice & Bean Casserole

Soups

- SOUPS (all low sodium)**
- _____ Beef Barley
 - _____ Shepherd's Pie
 - _____ Hamburger Macaroni
 - _____ Chicken Noodle
 - _____ Chicken Vegetable (GF)
 - _____ Chicken Potato
 - _____ Chicken & Corn Chowder
 - _____ Chicken Rice (GF)
 - _____ Broccoli Cheese
 - _____ Cauliflower Chowder
 - _____ Cream of Mushroom
 - _____ Split Pea with Ham (GF)
 - _____ Potato Bacon

Desserts

- CAKES**
- _____ Lemon w/Lemon Glaze (GF/D)
 - _____ Carrot w/Cream Cheese Icing (GF/D)
 - _____ Chocolate w/Chocolate Icing (GF)
 - _____ Spice w/Cream Cheese Icing (GF/D)
 - _____ Banana w/Brown Sugar Icing (GF)
 - _____ Strawberry w/Strawberry Icing
 - _____ Cherry Cheese Cake
- TARTS**
- _____ Buttermilk (D)
 - _____ Raisin Buttermilk (D)
 - _____ Pecan Buttermilk (D)
 - _____ Apple Crumble (D)
- SQUARES**
- _____ Date (GF/D)
 - _____ Lemon (GF/D)
 - _____ Chocolate Brownie (GF)
- MINI LOAVES**
- _____ Banana (GF/D)
 - _____ Lemon

***Indicates Low Sodium**
GF-Gluten Free
D-Diabetic Friendly

