

NAME:
ADDRESS:
CITY:
PHONE:
DATE:

Frozen Meal Order Form

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

NOTE: All entrees are microwave and oven safe

_____ Entrees @ \$6.00 _____
_____ Soups @ \$2.00 _____
_____ Desserts @ \$2.00 _____
_____ Full Meals @ \$10.00 _____
TOTAL: _____ COD: _____
Bill to: VAC SMILE ICART CLIENT CPHC

Perth Entrees [limit of 4 per choice]

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)
- _____ Liver & Onions w/Roasted Potatoes & Corn* (GF)

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

Apetito Entrees

BEEF

- _____ Meatballs in Gravy
- _____ Beef & Cabbage Casserole*
- _____ Steak & Mushroom Pie
- _____ Beef Pot Roast (D)
- _____ Beef Stew* (D)
- _____ Meatloaf in Mushroom Gravy*

FISH

- _____ Fish Cakes
- _____ Lemon Herb Fish* (GF/D)
- _____ Fish Florentine

CHICKEN & TURKEY

- _____ Country Chicken
- _____ Chicken & Chorizo Jambalaya
- _____ Sweet & Sour Chicken
- _____ Sweet Curry Chicken
- _____ Turkey with Stuffing
- _____ Honey Apple Glazed Chicken

PORK

- _____ Apple Braised Pork
- _____ Bangers & Mash (D)
- _____ Sweet & Sour Pork*

VEGETARIAN

- _____ Cheese Omelette (D)
- _____ Chana Masala
- _____ Vegetarian Dhal (GF)
- _____ Mexican Rice & Bean Casserole

Soups [limit of 4 per choice]

(all low sodium)

- _____ Beef Barley
- _____ Italian Vegetable (GF)
- _____ Hamburger Macaroni
- _____ Chicken Noodle
- _____ Chicken Gumbo (GF)
- _____ Chicken Vegetable (GF)
- _____ Broccoli Cheese
- _____ Cauliflower Chowder
- _____ Cream of Mushroom
- _____ Potato Bacon
- _____ Ham, Potato & Corn Chowder
- _____ Cabbage Roll (GF)
- _____ Goulash

Desserts [limit of 4 per choice]

CAKES

- _____ Carrot w/Cream Cheese Icing
- _____ Pumpkin w/Cream Cheese Icing
- _____ Spice w/Cream Cheese Icing (D)
- _____ Banana w/Brown Sugar Icing
- _____ Cinnamon Bun Cake
- _____ Strawberry Cheese Cake

TARTS

- _____ Buttermilk
- _____ Pecan Buttermilk
- _____ Apple Crumble
- _____ Blueberry Tart

SQUARES

- _____ Date
- _____ Lemon
- _____ Apple
- _____ Pumpkin Chocolate Chip Brownie

LOAF SLICES (2)

- _____ Double Chocolate Banana (D)
- _____ Orange Cranberry
- _____ Carrot

SCONES

- _____ Lemon Blueberry
- _____ Raspberry White Chocolate
- _____ Apple Pie

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

*Indicates Low Sodium



Note: More vegetarian options available; minced and pureed meals as well