



Presents

Healthy and at Home

A Meal Plan for Seniors

Order Form

TV DINNERS - <i>Our TV dinners come with a main and two sides</i>			
	Cost	QTY	Total
Roast Beef with Mixed Veggies	\$8.95		
Meatloaf with Peas	\$8.95		
Meatloaf with Mac n' Cheese & Carrots (no mashed potatoes)	\$8.95		
Beef Stew with Green Beans	\$8.95		
Turkey with Stuffing & Butternut Squash	\$8.95		
Chicken Breast with Peas and Carrots	\$8.95		
BBQ Chicken with Green Beans	\$8.95		
Ham with Scalloped Potatoes and Baked Beans	\$8.95		
Pulled Pork with Baked Beans	\$8.95		
Back Ribs with Creamed Corn	\$8.95		
Farmers Sausage with Mixed Vegetable	\$8.95		
Cabbage Rolls with Baby Carrots	\$8.95		
Cabbage Roll Casserole with Baby Carrots	\$8.95		

* All TV Dinners come with mashed potatoes unless otherwise stated. TV dinners come in microwaveable containers unless you request meals for oven (foil containers).

**To switch up the vegetable side, please give us a call and we'll see if we can accommodate.

Meat Pies - <i>They are very hearty</i>	Uncooked *	Cooked	Total
	\$5.95 each	\$6.95 each	
Roast Beef			
Chicken			
Turkey			
Hamburger			

*Uncooked meat pies need to be baked in the oven.

LUNCHABLES - <i>Our lunchables come with a main and one side</i>			
	Cost	Qty	Total
Mac n' Cheese with Carrot/Bean Medley	\$7.95		
Tuna Pasta Casserole with Peas and Carrots	\$7.95		
Chicken Alfredo with Vegetables	\$7.95		
Tuscan Chicken with Mixed Vegetables	\$7.95		
Turkey a la King on Rice with Green Beans	\$7.95		
Cottage Style Shepherds Pie & Green/Yellow Beans	\$7.95		
Beef & Mushroom Shepherds Pie & Green Beans	\$7.95		
Beef Lasagna with Vegetables	\$7.95		
Beef Stew and Mashed Potatoes	\$7.95		
Beef Stroganoff with Vegetables	\$7.95		
Dutch Hutspot & Meatballs (Potato, Carrot Mash)	\$7.95		
Boerenkool Stampot Metworst (Potato & Kale with Sausage)	\$7.95		
ONE AND DONE MEALS - <i>No sides needed as they are fabulous all on their own !</i>			
	Cost	QTY	Total
Mac n' Cheese (Meatless)	\$6.95		
Homemade Mac n' Cheese with Ground Beef	\$6.95		
Beef Chili	\$6.95		
Mixed Vegetable Shepherds Pie	\$6.95		
Spaghetti and Meatballs	\$6.95		
Chicken Stew over Rice	\$6.95		
Chicken a la King Over Rice	\$6.95		
Chicken Hashbrown Casserole	\$6.95		
Sweet & Sour Chicken with Rice	\$6.95		
Pepper Steak over Rice	\$6.95		
EXTRAS			
	Cost	QTY	Total
Corn Bread (individual mini loaf)	\$1.00		
Home Baked Muffins (Assorted 4 pack)	\$3.99		

Food Item	COST			Total
	8 oz - \$3.49	16 oz - \$6.49	32 oz - \$10.49	
SOUPS - Hearty homemade goodness in every bite!				
Beef Barley				
Cabbage and Hamburger				
Cabbage with Beef and Veggies				
Cauliflower, Chicken and Wild Rice				
Chicken Noodle				
Country Harvest Squash				
Creamy Cauliflower				
Creamy Vegetable				
Hamburger and Bell Pepper				
Leek and Potato				
Minestrone				
Navy Bean				
Split Pea and Ham				
Tomato Macaroni				
Vegetables and Meatball				
Wicked White Chili with Chicken				
DESSERTS - Single portion treats to finish off any meal!				
	Cost	QTY	Total	
Cherry No Bake Cheesecake	\$2.95			
Blueberry No Bake Cheesecake	\$2.95			
Strawberry Rhubarb No Bake Cheesecake	\$2.95			
Carrot Cake	\$2.95			
Strawberry Shortcake	\$2.95			
Assorted Squares (4)	\$2.95			
Blueberry Custard Pie	\$2.95			
Lemon Pie	\$2.95			
Banana Cream Pie	\$2.50			
Coconut Cream Pie	\$2.50			
Vanilla Ice Cream	\$1.25			
Chocolate Ice Cream	\$1.25			
Butterscotch Ice Cream	\$1.25			
Strawberry Ice Cream	\$1.25			

Subtotal:

Delivery: \$5.65

Total:

Date In: _____

Delivery Date: _____

Name: _____

Full Address: _____

Phone: _____

Credit Card Information:

Name on Card: _____

Card Number: _____

Expiry: _____ CVO: _____

Delivery:

Glencoe/West Lorne the 1st and 3rd Tuesday of every month

Mt. Brydges/Komoka the 1st and 3rd Thursday of every month

Strathroy the 2nd and 4th Wednesday of every month.

Orders must be in by the 15th of the month for the first delivery and by the 30th for the second delivery of the month.

Minimum order is \$50.00 +Delivery fee

Delivery fee is \$5.00 +HST

Pick up is also available.

Notes:
