

**ENTRÉE PLUS  
FROZEN MEALS:**

**\$6.00**

**INCLUDES:**

**SOUP / MAIN COURSE / DESSERT**

**TO ARRANGE PICK UP  
OR DELIVERY OF  
FROZEN MEALS**

**CALL HEATHER BUSCH**

**HOME: 705-752-1295**

**CELL: 705-499-7958**

**YOU CAN ALSO CONTACT  
OUR OFFICE FOR  
INFORMATION ON  
ELIGIBILITY AND TO  
PLACE ORDERS  
705-724-6028**

**MEALS-ON-WHEELS ARE A  
GREAT GIFT IDEA FOR  
SENIOR FAMILY MEMBERS  
OR THOSE RECENTLY  
DISCHARGED FROM  
HOSPITAL UNABLE TO  
PREPARE MEALS**

**OUR PROGRAM ALSO OFFERS:**

**TRANSPORTATION SERVICES:**

Services are provided to seniors and persons with cognitive or physical disabilities who are unable to drive themselves and have no access to transportation. Medical appointments are our first priority. Rides are available for both local and out of town trips. Rides are provided by volunteers using their own vehicles. Seniors 65+ are billed \$0.27 per km (\$5.00 to \$10.00 flat rate charge for local in-town trip

**\*\*WHEELCHAIR VAN AVAILABLE TO  
THOSE WHO ARE NOT AMBULATORY\*\***

*ODSP and OW clients must contact their caseworkers directly for approval*

**EAST PARRY SOUND  
COMMUNITY SUPPORT  
SERVICES PROGRAM**

P.O. BOX 400  
62 BIG BEND AVENUE  
POWASSAN ON POH 1Z0  
Call Shelly, Linda, or  
Leslie at:  
**705-724-6028**

*Funding provided by the North East Local Health Integration Network*

**CALLANDER  
FROZEN  
MEAL  
SERVICE**



**\*\*NEW\*\***

**FREEZERS NOW LOCATED**

**IN CALLANDER !!!**



## MEAL CHOICES

**\$6.00 FOR FULL MEAL**

### CHOOSE

SOUP / MAIN COURSE / DESSERT

### MAIN COURSES

INCLUDE TWO SIDES

(IE: RICE/POTATO/VEGETABLES ETC.)

CALL FOR MORE INFORMATION ON

MENU ITEMS OR DIETARY

INFORMATION

(IE: DIABETIC/LOW SODIUM/LOW FAT)

### STEP #1 - SOUP CHOICES

(INDICATE # OF EACH) CRACKERS ARE INCLUDED

BEEF BARLEY\_\_\_

CHICKEN NOODLE\_\_\_

MINISTRONE\_\_\_

CREAM OF LEEK & POTATO\_\_\_

HEARTY VEGETABLE\_\_\_

CREAM OF BROCCOLI\_\_\_

STEAK & POTATO\_\_\_

CREAM OF MUSHROOM\_\_\_

### STEP #2 - MAIN COURSE CHOICES (INDICATE # OF EACH)

#### PORK

\_\_\_PORK CHOP

\_\_\_ROAST PORK LOIN

\_\_\_HONEY-MUSTARD HAM

\_\_\_BBQ PORK RIBS

#### CHICKEN/TURKEY

\_\_\_ROAST TURKEY

\_\_\_BBQ CHICKEN

\_\_\_CHICKEN CACCIATORE

\_\_\_CHICKEN POT PIE

\_\_\_CHICKEN DIVAN

\_\_\_SWEET & SOUR CHICKEN BALLS

#### BEEF

\_\_\_SWISS STEAK

\_\_\_POT ROAST

\_\_\_MEAT LASAGNA

\_\_\_VEAL PARMIGIANA

\_\_\_BEEF STROGANOFF

\_\_\_MEATLOAF

#### FISH & ALTERNATIVE

\_\_\_FISH & CHIPS

\_\_\_SALMON FILLET

### STEP #3 - DESSERT CHOICES (INDICATE # OF EACH)

#### DIABETIC/OR REGULAR:

MAPLE CHOCOLATE CAKE\_\_\_

CARROT CAKE\_\_\_

PECAN STREUSEL CAKE\_\_\_

BLACK FOREST CAKE\_\_\_

ORANGE CITRUS CAKE\_\_\_

#### REGULAR:

TRIPLE BERRY CRUMBLE\_\_\_

BUTTER TART\_\_\_

TOFFEE PUDDING CAKE\_\_\_

CHOCOLATE FUDGE CAKE\_\_\_

CARAMEL APPLE CRUMBLE\_\_\_

SPECIAL ORDERS AVAILABLE UPON REQUEST

(IE: PUREED MEALS) CALL FOR DETAILS

(JULY 2018)