

**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)