




# MEALS ON ICE ORDER FORM

905-873-6502 | info@links2care.ca | www.links2care.ca

<b>NAME</b>			
<b>PHONE</b>		<b>EMAIL</b>	
<b>DELIVERY DATE</b>		<b>Notes</b>	

BEEF			Qty ↓	CHICKEN & TURKEY			Qty ↓	PORK			Qty ↓
12005		Macaroni, Meat & Cheese Casserole		12001	LF	Chicken a la King		12020	LF LS	Pork with Stuffing	
12008	LF LS	Beef Stew		12032	LF	Country Chicken		12089		Rib-Style Pork Cutlet	
12017		Salisbury Steak		12057		Breaded Chicken Breast		12115	LF	Baked Ham	
12046	LF LS	Chopped Swiss Steak		12078	LF LS	Chicken Cacciatore		12138		Bangers & Mash	
12062	LS	Meatloaf in Mushroom Gravy		12090	LF	Roast Chicken Thigh		12143	LF	Seasoned Port Loin	
12087	LF	Liver & Onions		12094	LF LS	Lemon Chicken		12173	LF	Apple Braised Pork	
12092		Meat Lasagna		12113		Breaded Chicken Fingers		12181	LF LS	Sweet and Sour Pork	
12108	LF LS	Shepherd's Pie		12114	LF	General Tso's Chicken		<b>FISH</b>			Qty ↓
12109	LF LS	Italian-Style Breaded Veal		12116	LF	Chicken Stew		12003		Fish Florentine	
12111	LF	Spaghetti Bolognese		12124		Chicken Breast /Broccoli & White Cheddar Sauce		12013		Fish & Chips	
12118		Steak & Mushroom Pie		12127	LF LS	Turkey Chili		12018		Tuna Pasta Casserole	
12125		Meatballs in Gravy		12135		Chicken Pot Pie		12063		Salmon in Lemon Sauce	
12130	LF LS	Beef Stroganoff		12139	LF	Sweet & Sour Chicken		12119	LF LS	Asian-Style Glazed Salmon	
12146		Meatballs & Peppers		12141	GF	Chicken Breast with Bacon Cheddar Sauce		12134		Fish Cakes	
12150	LF	Sliced Beef with Mushroom Gravy		12142	LF LS	Chicken with Mushroom Gravy		12167	LF LS GF	Lemon Herb Fish	
12164	LF GF	Traditional Pot Roast		12148	LF LS	Chicken with Honey BBQ Sauce		<b>GLUTEN-FREE</b>			Qty ↓
12178	LF	Oriental Beef		12168	LF	Turkey with Stuffing		10063	LF VV GF	Vegetarian Dhal	
12183		BBQ Beef Patty		13175	LF LS	Chicken with Tangy BBQ Sauce		12141	GF	Chicken Breast with Cheddar & Bacon Sauce	
12184		Sliced Beef / creamy Peppercorn Sauce		12177	LF	Sweet Curry Chicken		12164	LF GF	Traditional Pot Roast	
				12179		Chicken & Chorizo(pork) Jambalaya		12167	LF LS GF	Lemon Herb Fish	
				12180	LF	Chicken Pasta Rose		www.apetito.ca			

VEGETARIAN & CHEESE			Qty ↓	SOUP			Qty ↓	DESSERT			Qty ↓
10007	LF VV	Vegetarian Pasta Primavera		93007	LF	Beef Barley Soup		09011	V	Chocolate Mousse (Low Sugar)	
10047	V	Cheese Omelet		93012	V	Cream of Cauliflower Soup		09021	LF LS	Strawberry Mousse (Low Sugar)	
10060	LF VV	Vegetarian Stew		93022	LF LS	Rice and Turkey Soup		09041	LF LS	Tangerine Mousse (Low Sugar)	
10062	LF VV	Vegetarian Chili		93023	LS V	Cream of Tomato Soup		14008		Butter Tart	
10063	LF GF VV	Vegetarian Dhal		93025	LF	Beef & Vegetable Soup		14009	V	Carrot Cake	
12021	V	Vegetable Lasagna		93030	LF V	Carrot Soup		14011	LS V	Apple Crisp	
12079	V	Macaroni & Cheese		93032	V	Cream of Mushroom Soup		14012	LS V	Peach Cobbler	
12131	LF VV	Chana Masala		93033	LF	Spit Pea & Ham Soup		14013	LF LS V	Rice Pudding	
12137	LF VV	Vegetarian Tofu Stew		93036	V	Cream of Potato & Leak Soup		14014	LS V	Cherry Cobbler	
12155	LF VV	Tofu Teriyaki		93039	LF VV	Broccoli Soup		14015		Cherry Cheesecake	
12158	LF V	Spaghetti with Tomato Sauce		93051	LF	Chicken & Vegetable Soup		14016	LF LS VV	Fruit Cocktail	
12176	V	Scrambled Eggs and Homefries		93063	LF VV	Squash Soup		14017	NAS V	Chocolate Brownie	
12182	LF V	Mexican Rice and Bean Casserole		93354	LF LS V	Minestrone Soup		14026	LS V	Cherry Streusel	
<b>BREAKFAST</b>			Qty ↓	93355	LF	Chicken Noodle Soup		14056		Lemon Tart	
07085	LF LS VV	Orange Juice		93356	LF LS VV	Country Vegetable Soup		14058		Banana Cake	
07086	LF LS VV	Apple Juice		<b>NUTRITION GUIDE</b> LF <i>Low Fat</i> LS <i>Low Sodium</i> V <i>Vegetarian</i> VV <i>Vegan</i> GF <i>Gluten Free</i> NAS <i>No Added Sugar</i> Contact us for special diet, puree or minced meals				14076	NAS V	Cheesecake	
08009	V	Raisin Bran Muffin						14077	LS	Pecan Tart	
08018	V	Carrot Muffin						14080	LS	Raspberry Tart	
94000	LF LS V	Cream of Wheat						14092	LS V	Strawberry Shortcake	
94001	LF LS V	Oatmeal						14093	LS V	Lemon Layer Cake	
 <b>TO ORDER</b> <b>Acton:</b> 69 Acton Blvd. Janet 519-853-3310 <b>Georgetown:</b> 360 Guelph St. Brenda 905-873-6502 www.links2care.ca info@links2care.ca			<b>AFFORDABLE NON-PROFIT PRICING</b> Entrée \$6.50 Soup or Dessert \$2.00 Breakfast (juice + muffin or cereal) \$2.00 <b>5 + 5 Package Deal</b> (5 entrées + 5 soups or desserts) \$42.00 <b>7 Entrée Package Deal</b> \$42.00					14094	LS V	Chocolate Fudge Cake	
							14095	V	Sticky Toffee Pudding		
							14096	V	Orange Layer Cake		
							14313	NAS V	Blueberry Cake		
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