



MEALS ON ICE ORDER FORM

NAME _____
 CONTACT _____
 DELIVERY WEEK _____

To order or for more information:
ACTON: Janet 519-853-3310
GEORGETOWN: Brenda 905-873-6502
www.links2care.ca info@links2care.ca

BEEF

- 12005_ Macaroni, Meat & Cheese Casserole
- 12008_ Beef Stew LF LS
- 12017_ Salisbury Steak
- 12046_ Chopped Swiss Steak LF LS
- 12062_ Meatloaf in Mushroom Gravy LS
- 12087_ Liver & Onions LF
- 12092_ Meat Lasagna LF LS
- 12108_ Shepherd's Pie LF LS
- 12109_ Italian-style Breaded Veal LF LS
- 12111_ Spaghetti Bolognese LF
- 12118_ Steak & Mushroom Pie
- 12125_ Meatballs in Gravy
- 12130_ Beef Stroganoff LF LS
- 12146_ Meatballs and Peppers
- 12150_ Sliced Beef with Mushroom Gravy LF
- 12164_ Traditional Pot Roast LF GF
- 12178_ Oriental Beef LF
- 12183_ BBQ Beef Patty
- 12184_ Sliced Beef with Creamy Peppercorn Sauce

PORK

- 12020_ Pork with Stuffing LF LS
- 12089_ Rib-Style Pork Cutlet
- 12115_ Baked Ham LF
- 12138_ Bangers & Mash
- 12143_ Seasoned Pork Loin LF
- 12173_ Apple Braised Pork LF

CHICKEN & TURKEY

- 12001_ Chicken à la King
- 12032_ Country Chicken
- 12057_ Breaded Chicken Breast
- 12078_ Chicken Cacciatore LF LS
- 12090_ Roast Chicken Thigh LF
- 12094_ Lemon Chicken LF LS
- 12113_ Breaded Chicken Fingers
- 12114_ General Tso's Chicken LF
- 12116_ Chicken Stew LF
- 12124_ Chicken Breast with Broccoli & White Cheddar Sauce
- 12127_ Turkey Chili LF LS
- 12135_ Chicken Pot Pie
- 12139_ Sweet & Sour Chicken LF
- 12141_ Chicken Breast with Bacon Cheddar Sauce GF
- 12142_ Chicken with Mushroom Gravy LF LS
- 12148_ Chicken with Honey BBQ Sauce LF LS
- 12168_ Turkey with Stuffing LF
- 12175_ Chicken with Tangy BBQ Sauce LF LS
- 12177_ Sweet Curry Chicken LF
- 12179_ Chicken Chorizo Jambalaya
- 12180_ Chicken Pasta Rosé LF

FISH

- LF 12003_ Fish Florentine
- LF 12013_ Fish & Chips
- 12018_ Tuna Pasta Casserole
- 12063_ Salmon in Lemon Sauce
- LF 12119_ Asian-Style Glazed Salmon LF LS
- LF LS 12134_ Fish Cakes
- 12167_ Lemon Herb Fish LF LS GF

VEGETARIAN & CHEESE

- 10007_ Vegetarian Pasta Primavera LF VV
- 10047_ Cheese Omelette V
- 10060_ Vegetarian Stew LF VV
- 10062_ Vegetarian Chili LF VV
- 10063_ Vegetarian Dhal LF GF VV
- 12021_ Vegetable Lasagna V
- 12079_ Macaroni & Cheese V
- 12131_ Chana Masala LF VV
- 12137_ Vegetarian Tofu Stew LF VV
- 12155_ Tofu Teriyaki LF VV
- 12158_ Spaghetti with Tomato Sauce LF V
- 12176_ Scrambled Eggs & Homefries V
- 12182_ Mexican Rice & Bean Casserole LF V

**SPECIAL DIET, MINCED
 OR PUREED MEALS
 AVAILABLE UPON REQUEST.**

NAS No Added Sugar VV Vegan
LF Low Fat LS Low Sodium
GF Gluten-Free V Vegetarian

GLUTEN-FREE

10063_ Vegetarian Dhal	LF GF VV
12141_ Chicken Breast with Cheddar & Bacon Sauce	GF
12164_ Traditional Pot Roast	LF GF
12167_ Lemon Herb Fish	LF LS GF

SOUP

93007_ Beef Barley Soup	LF
93012_ Cream of Cauliflower Soup	V
93022_ Rice and Turkey Soup	LF LS
93023_ Cream of Tomato Soup	LF V
93025_ Beef & Vegetable Soup	LF
93030_ Carrot Soup	LF V
93032_ Cream of Mushroom Soup	V
93033_ Split Pea & Ham Soup	LF
93036_ Cream of Potato & Leek Soup	V
93039_ Broccoli Soup	LF VV
93051_ Chicken & Vegetable Soup	LF
93063_ Squash Soup	LF VV
93354_ Minestrone Soup	LF LS V
93355_ Chicken Noodle Soup	LF
93356_ Country Vegetable Soup	LF LS VV

BREAKFAST - Choose 1 Juice + 1 Starch

07085_ Orange Juice	LF LS VV
07086_ Apple Juice	LF LS VV
08009_ Raisin Bran Muffin	V
08018_ Carrot Muffin	V
94000_ Cream of Wheat Cereal	LF LS V
94001_ Oatmeal	LF LS V

DESSERT

09011_ Low Sugar Chocolate Mousse	V
09021_ Low Sugar Strawberry Mousse	LF LS
09041_ Low Sugar Tangerine Mousse	LF LS
14008_ Butter Tart	
14009_ Carrot Cake	V
14011_ Apple Crisp	LS V
14012_ Peach Cobbler	LS V
14013_ Rice Pudding	LF LS V
14014_ Cherry Cobbler	LS V
14015_ Cherry Cheesecake	
14016_ Fruit Cocktail	LF LS VV
14017_ Chocolate Brownie	NAS V
14026_ Cherry Streusel	LS V
14056_ Lemon Tart	
14058_ Banana Cake	
14076_ Cheesecake	NAS V
14077_ Pecan Tart	LS
14080_ Raspberry Tart	LS
14092_ Strawberry Shortcake	LS V
14093_ Lemon Layer Cake	LS V
14094_ Chocolate Fudge Cake	LS V
14095_ Sticky Toffee Pudding	V
14096_ Orange Layer Cake	V
14313_ Blueberry Cake	NAS

ASK ABOUT:**MEALS ON WHEELS**

Delicious, hot lunches delivered
as many times a week as you want
by our friendly volunteers

GIFT CERTIFICATES

Great for Christmas, birthdays,
as a trial run or just to show you care

Didn't have a chance to shop?

Don't want to cook?

Feel like treating yourself?

No problem if you have our tasty,
convenient, frozen meals on hand.

OVER 100 CHOICES to
please every taste and diet!

FREE DELIVERY by one
of our friendly volunteers
OR PICK-UP in
Acton or Georgetown

**SIMPLY SCRUMPTIOUS
AND VERY AFFORDABLE
WITH OUR NON-PROFIT PRICING**

Single Entrée	\$6.00
Soup or Dessert	\$1.75
Breakfast Snack (juice & muffin or cereal)	\$1.75

**OR STOCK UP AND SAVE
WITH A PACKAGE DEAL**

7 Entrée Package	\$36.00
5 + 5 Package (5 entrees + 5 soups or desserts)	\$36.00