



LAMBTON ELDERLY OUTREACH

County of Lambton Frozen Meal Program Order Form



Name: _____

Phone: _____

Address: _____

Meals: _____ # Soups/Desserts: _____

Order Date: _____

Delivery Date: _____

Signature _____

ENTRÉES \$5.75/EACH

1. _____ Beef Stew & Biscuit
2. _____ Roast Beef
3. _____ Chicken Breast Supreme
4. _____ BBQ Chicken
5. _____ Baked Ham – Not low salt
6. _____ Mac & Cheese
7. _____ Swedish Meat Balls
8. _____ Meatloaf
9. _____ BBQ Rib O' Pork
10. _____ Farmer's Sausage
11. _____ Shepherd's Pie
12. _____ Swiss Steak
13. _____ Roast Turkey
14. _____ Liver & Onions
15. _____ Salmon Loaf
16. _____ Krunchy Perch
17. _____ Meat Lasagna
18. _____ Meat Pie
19. _____ Chicken Fingers
20. _____ Waffles & Bacon*
21. _____ Western Omelet & Hash Brown Pattie*

SOUPS \$1.00/EACH

1. _____ Beef Barley
2. _____ Chicken with Noodles
3. _____ Cream of Potato
4. _____ Vegetable Chowder
5. _____ Bean with Bacon
6. _____ Minestrone
7. _____ Cream of Mushroom
8. _____ Tomato
9. _____ Vegetable

DESSERTS \$1.00/EACH Regular Diabetic

- | | | |
|--------------------|-------|-----------|
| 1. Cheesecake | _____ | _____ |
| 2. Carrot Cake | _____ | _____ |
| 3. Apple Crisp | _____ | _____ |
| 4. Rice Pudding | _____ | _____ |
| 5. Brownie | _____ | _____ N/A |
| 6. Peach Cobbler | _____ | _____ |
| 7. Butter Tart Bar | _____ | _____ |

*20 & 21 includes juice and oatmeal

Lambton Meadowview Villa in Petrolia prepares the meals working together in partnership with Lambton Elderly Outreach to better serve "you" in Lambton County.

**For more information or to place an order, please phone
Lambton Elderly Outreach:**

519-845-1353 or toll free 1-800-265-0203

MEALS ON WHEELS

1. **Beef Stew with Tea Biscuit**
2. **Roast Beef & Gravy, Mashed Potatoes, Mixed Vegetables**
3. **Chicken Breasts Supreme, Potato Puffs, Mixed Vegetables**
4. **BBQ Chicken, Lyonnaise Potatoes, Green Beans**
5. **Ham, Scalloped Potatoes, Peas & Carrots**
6. **Macaroni & Cheese, Peas, Italian Mixed Vegetables**
7. **Swedish Meat Balls, Egg Noodles, Broccoli**
8. **Baked Meatloaf, Baby Roasted Potatoes, Peas & Carrots**
9. **BBQ Rib O'Pork, Baby Roasted Potatoes, Peas**
10. **Farmers, Sausage, Scalloped Potatoes, Diced Carrots**
11. **Shepherds Pie**
12. **Swiss Steak, Mashed Potatoes, Wax Beans**
13. **Roast Turkey, Mashed Potatoes, Turnip**
14. **Liver & Onions, Mashed Potatoes, Carrots**
15. **Salmon Loaf, Potato Triangles, Green Beans**
16. **Krunchy Perch, Rice, Corn**
17. **Meat Lasagna**
18. **Meat Pie, Mashed Potatoes, Green Beans with Pimento**
19. **Chicken Fingers, Home Fries, Cinnamon Apple Slices**
20. **Waffles, Bacon, Hot Cereal, Juice**
21. **Western Omelet, Hash Brown Patty, Hot Cereal, Juice**