



Meals on Wheels

- Free Delivery
- Volunteer Security Check
- Flexible Service

Products

Frozen Entrées **\$6.95 per tray**

Chicken, beef, fish or vegetarian main with one starch and one vegetable side dish

Ensure® Package **\$8.95 per pack**

4 bottles of Ensure®

Frozen Soup Packs **\$5.00 per pack**

3 frozen soups

Frozen Entrées Menu

Beef

- Beef Meatballs in Tomato Sauce
- Roast Beef in Dijon Gravy
- Meatloaf
- Beef Burgundy
- Ginger Beef

Chicken

- Rosemary Roast Chicken Leg
- Chicken Breast with Gravy
- Chicken Souvlaki
- Boiled Chicken Leg
- Roasted Chicken Leg
- Chicken Dumplings

Fish

- Ginger Tilapia
- Baked Salmon with Dill Sauce
- Salsa Basa
- Sole Florentine
- Breaded Fish

Vegetarian

- Spinach & Ricotta Lasagna
- Falafel with Couscous
- Cheese Blintzes
- Cheese Perogies
- Mushroom Frittata

**CAUTION: DO NOT
HEAT IN A TOASTER OR
CONVENTIONAL OVEN**

Microwave Reheating Instructions

1. Loosen the lid before heating to allow the steam to escape.
2. Microwave for 3 minutes on high.
3. Stir, and then microwave for another minute. Allow the food to rest for one minute. **If not hot enough, heat in 1 minute increments until desired temperature is reached. Individual results may vary.**