

Frozen Meals Information

SAUGEEN & AREA

Ayton, Paisley, Chesley,
Hanover, Walkerton,
Mildmay, Teeswater,
Lucknow, Neustadt, Formosa

WIARTON & AREA

Warton, Sauble
Beach, Lion's Head,
Tobermory

OWEN SOUND & AREA

Jackson, Balmy Beach,
Chatsworth, East Linton,
Annan, Kilsyth, Leith, Massie,
Rockford, Springmount,
Woodford, Bognor

NORTH GREY

Meaford, Thornbury

EAST GREY & AREA

Markdale, Durham,
Flesherton, Dundalk

SHORELINE & AREA

Port Elgin, Tara,
Southampton, Tiverton,
Ripley, Point Clark,
Kincardine

PRICE INFO

7 Regular Entrees	\$35.05
8 Puree Entrees	\$35.05
5 Regular Entrees	\$35.05
<i>Combo with 5 Soups/Desserts/Sides</i>	
Additional Regular Entree	\$5.20
Additional Puree Entree	\$4.40
Additional Dessert	\$1.95
Additional Soup	\$1.95
Additional Side Dish	\$1.95

HEATING INSTRUCTIONS

Entrees can be heated in the microwave or conventional oven. Follow the heating instructions on the package. **DO NOT HEAT IN TOASTER OVEN.**

FOR YOUR CONVENIENCE

- Please ensure your order is placed in the freezer immediately upon delivery
- We will call all clients for their orders the week before the above deadlines
- Please feel free to email or call your order in at anytime prior to the monthly deadlines
- We have gift certificates available for eligible friends or family who may be in need of froze meals or for those interested in trying them. Call office to purchase gift certificates
- If you are not going to be home on the day your frozen meals are to be delivered, please remember to call our office to make pick up arrangements

SEND YOUR FROZEN FOOD ORDER TO:

(519) 372-2091 ext. 3
mow@homecommunitysupport.com

SAUGEEN & AREA DELIVERY SCHEDULE

Ayton, Paisley, Chesley, Hanover, Walkerton, Mildmay, Teeswater, Lucknow, Neustadt, Formosa

SAUGEEN AREA ORDER DEADLINE	SAUGEEN AREA DELIVERY DATE
Tuesday December 10, 2019	Thursday December 19, 2019
Tuesday January 14, 2020	Thursday January 23, 2020
Tuesday February 18, 2020	Thursday, February 27, 2020
Tuesday March 17, 2020	Thursday March 26, 2020
Tuesday April 14, 2020	Thursday April 23, 2020
Tuesday May 19, 2020	Thursday May 28, 2020
Tuesday June 16, 2020	Thursday June 25, 2020
Tuesday July 14, 2020	Thursday July 23, 2020
Tuesday August 18, 2020	Thursday August 27, 2020
Tuesday September 15, 2020	Thursday September 24, 2020
Tuesday October 13, 2020	Thursday October 22, 2020
Tuesday November 17, 2020	Thursday November 26, 2020
Tuesday December 8, 2020	Thursday December 17, 2020
Tuesday January 19, 2021	Thursday January 28, 2021

WIARTON & AREA DELIVERY SCHEDULE

Wiarion, Sauble Beach, Lion's Head, and Tobermory

WIARTON AREA ORDER DEADLINE	WIARTON AREA DELIVERY DATE
Monday December 3, 2019	Wednesday December 11, 2019
Tuesday December 31, 2019	Wednesday January 8, 2020
Tuesday February 4, 2020	Thursday February 13, 2020
Tuesday March 3, 2020	Thursday March 12, 2020
Tuesday March 31, 2020	Thursday April 9, 2020
Tuesday May 5, 2020	Thursday May 14, 2020
Tuesday June 2, 2020	Thursday June 11, 2020
Tuesday June 30, 2020	Thursday July 9, 2020
Tuesday September 1, 2020	Thursday September 10, 2020
Tuesday September 29, 2020	Thursday October 28, 2020
Tuesday November 3, 2020	Thursday November 12, 2020
Tuesday November 24, 2020	Thursday December 3, 2020

OWEN SOUND & AREA DELIVERY SCHEDULE

Annan, Balmy Beach, Chatsworth, East Linton, Kilsyth, Leith, Jackson, Massie, Rockford, Springmount, Woodford, Bognor

OWEN SOUND AREA ORDER DEADLINE	OWEN SOUND AREA DELIVERY DATE
Tuesday December 10, 2019	Friday December 19, 2019
Tuesday January 7, 2020	Thursday January 16, 2020
Tuesday February 11, 2020	Thursday February 20, 2020
Tuesday March 10, 2020	Thursday March 19, 2020
Tuesday April 7, 2020	Thursday April 16, 2020
Tuesday May 12, 2020	Thursday May 21, 2020
Tuesday June 9, 2020	Thursday June 18, 2020
Tuesday July 7, 2020	Thursday July 16, 2020
Tuesday August 11, 2020	Thursday August 20, 2020
Tuesday September 8, 2020	Thursday September 17, 2020
Tuesday October 6, 2020	Thursday October 15, 2020
Tuesday November 10, 2020	Thursday November 19, 2020
Tuesday December 1, 2020	Thursday December 10, 2020

NORTH GREY DELIVERY SCHEDULE

Meaford, Thornbury

NORTH GREY ORDER DEADLINE	NORTH GREY DELIVERY DATE
Tuesday December 10, 2019	Thursday December 19, 2019
Tuesday January 7, 2020	Thursday January 17, 2020
Tuesday February 11, 2020	Thursday February 21, 2020
Tuesday March 10, 2020	Thursday March 20, 2020
Tuesday April 7, 2020	Thursday April 17, 2020
Tuesday May 12, 2020	Thursday May 22, 2020
Tuesday June 9, 2020	Thursday June 19, 2020
Tuesday July 7, 2020	Thursday July 17, 2020
Tuesday August 11, 2020	Thursday August 21, 2020
Tuesday September 8, 2020	Thursday September 18, 2020
Tuesday October 6, 2020	Thursday October 16, 2020
Tuesday November 1, 2020	Thursday November 20, 2020
Tuesday December 1, 2020	Thursday December 11, 2020

EAST GREY & AREA DELIVERY SCHEDULE

Markdale, Durham, Flesherton, Dundalk

EAST GREY ORDER DEADLINE	EAST GREY DELIVERY DATE
Tuesday December 10, 2019	Thursday December 19, 2019
Tuesday January 14, 2020	Thursday January 23, 2020
Tuesday February 18, 2020	Thursday February 27, 2020
Tuesday March 17, 2020	Thursday March 26, 2020
Tuesday April 14, 2020	Thursday April 23, 2020
Tuesday May 19, 2020	Thursday May 28, 2020
Tuesday June 16, 2020	Thursday June 25, 2020
Tuesday July 14, 2020	Thursday July 23, 2020
Tuesday August 18, 2020	Thursday August 27, 2020
Tuesday September 15, 2020	Thursday September 24, 2020
Tuesday October 13, 2020	Thursday October 22, 2020
Tuesday November 17, 2020	Thursday November 26, 2020
Tuesday December 8, 2020	Thursday December 17, 2020

SHORELINE & AREA DELIVERY SCHEDULE

Port Elgin, Southampton, Tara, Tiverton, Kincardine, Ripley, Point Clark

SHORELINE AREA ORDER DEADLINE	SHORELINE AREA DELIVERY DATE
Tuesday November 26, 2019	Thursday December 5, 2019
Monday December 31, 2019	Thursday January 9, 2020
Tuesday January 28, 2020	Thursday February 6, 2020
Tuesday February 25, 2020	Thursday March 5, 2020
Tuesday March 24, 2020	Thursday April 2, 2020
Tuesday April 28, 2020	Thursday May 7, 2020
Tuesday May 26, 2020	Thursday June 4, 2020
Tuesday June 30, 2020	Thursday July 9, 2020
Tuesday July 28, 2020	Thursday August 6, 2020
Tuesday August 25, 2020	Thursday September 3, 2020
Tuesday September 22, 2020	Thursday October 1, 2020
Tuesday October 27, 2020	Thursday November 5, 2020
Tuesday November 24, 2020	Thursday December 3, 2020
Tuesday December 29, 2020	Thursday January 7, 2021

Frozen Meal Menu PAGE 1 OF 3

Your Name: _____

Your Route: _____

Delivery Date: _____

Diet Codes

- D** Suitable for Diabetic Diet
- LS** Suitable for Low Salt Diet
- LF** Suitable for Low Fat Diet
- GF** Suitable for Gluten Free Diet

ENTREES

- 101 _____ Cheese Omelet **D**
- 201 _____ Bangers and Mash **D**
- 202 _____ Beef Stew **D LF GF**
- 204 _____ Swiss Steak **D**
- 205 _____ Liver and Onions **D LS GF**
- 207 _____ Salisbury Steak **D**
- 208 _____ Cabbage Roll **D GF**
- 209 _____ Beef Stroganoff **D LS LF**
- 210 _____ Chicken a la King **D LS LF GF**
- 211 _____ Breaded Veal Cutlet **D**
- 212 _____ Meatloaf **D**
- 213 _____ Roast Pork Loin **D LF**
- 214 _____ Roast Turkey **D LS LF**
- 215 _____ Pork Medallions **D LS LF**
- 216 _____ Chicken Divan **D GF**
- 217 _____ Pot Roast **D LS GF**
- 218 _____ Honey-Mustard Ham **D LF**
- 219 _____ Shepherd's Pie **D LS LF GF**
- 221 _____ Chicken Fingers
- 222 _____ Boneless BBQ Ribs **D**
- 223 _____ Boneless Pork Chops **D LS**
- 225 _____ BBQ Chicken **D LS LF GF**
- 226 _____ Swedish Meatballs **D**
- 227 _____ Italian Sausage Penne **D LS LF**
- 302 _____ Salmon Fillet **D LS LF GF**
- 303 _____ Fish and Chips **LS**
- 304 _____ Tuna Casserole **D LS LF**
- 305 _____ Fish Florentine **D LS GF**
- 306 _____ Fillet of Sole **D**
- 401 _____ Sweet & Sour Chicken **LS LF GF**
- 402 _____ Teriyaki Chicken **D LF**
- 404 _____ Sweet & Sour Chicken Balls **D LF**
- 405 _____ Honey Garlic Ribs **LF**
- 501 _____ Spaghetti and Meatballs **D**
- 502 _____ Lasagna **D LF**
- 503 _____ Chicken Cacciatore **D GF**
- 504 _____ Chicken Alfredo **LF**
- 602 _____ Macaroni and Cheese **D**
- 603 _____ Vegetarian Lasagna **D LF**
- 701 _____ Beef Pot Pie
- 702 _____ Chicken Pot Pie

SIDE DISHES

- 801 _____ Chicken Caesar Pasta Salad **D LS**
- 803 _____ Wieners & Beans **D**
- 804 _____ Beef Chili **D GF**

Frozen Meal Menu PAGE 2 OF 3

Your Name: _____

Your Route: _____

Delivery Date: _____

Diet Codes

- D** Suitable for Diabetic Diet
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- GF** Suitable for Gluten Free Diet

SOUPS

S-1 _____ French Onion **D** **LF** **GF**

S-2 _____ Chicken Noodle **D** **LF**

S-3 _____ Beef Barley **D** **LF**

S-4 _____ Hearty Vegetable **D** **LF** **GF**

S-5 _____ Minestrone **D** **LF**

S-6 _____ Cream of Broccoli **D** **GF**

S-7 _____ Cream of Mushroom **D** **GF**

S-8 _____ Cream of Potato/Leek **D** **GF**

S-9 _____ Cream of Carrot **D** **GF**

S-10 _____ Cream of Celery **D** **GF**

S-11 _____ Cream of Tomato **D** **LF** **GF**

S-12 _____ Cream of Chicken/Veg **D** **LF** **GF**

S-13 _____ N.E. Clam Chowder **D** **GF**

S-14 _____ Steak & Potato Soup **D** **LF**

DESSERTS

D-1 _____ Deep Dutch Brownie **LS**

D-2 _____ Caramel Apple Crumble

D-3 _____ Date Square

D-4 _____ Nanaimo Bar

D-5 _____ Carrot Cake **D** **LS**

D-6 _____ Chocolate Fudge Cake **LS**

D-7 _____ Orange Citrus Cake **D**

D-8 _____ Banana Split Cake

D-9 _____ Maple Chocolate Mania **D**

D-10 _____ Butterscotch Pudding **GF**

D-11 _____ Rice Pudding **D** **LS** **LF** **GF**

D-12 _____ Chocolate Pudding **GF**

D-13 _____ Cherry Crisp **LS**

D-14 _____ Peach Cobbler

D-15 _____ Cheese Cake **D** **LS**

D-16 _____ Sticky Toffee Pudding Cake

D-17 _____ Apple Streusel Cake **D** **LS**

D-18 _____ Fruit Cocktail **D** **LS** **LF** **GF**

D-19 _____ Black Forest Cake **D** **LS**

D-21 _____ Pecan Streusel Cake **D** **LS**

D-24 _____ Triple Berry Crumble **LS**

D-26 _____ Raspberry Tart

Frozen Meal Menu PAGE 3 OF 3

Your Name: _____

Your Route: _____

Delivery Date: _____

PUREES

901 _____ Old Fashioned Beef with green beans and homestyle potatoes

902 _____ Roast Beef with nutmeg carrots and parsleyed potatoes

903 _____ Roast Chicken with buttered peas and golden potatoes

904 _____ Lemoned Chicken with sweet carrots and parsleyed potatoes

905 _____ Barbecue Pork with green beans and homestyle potatoes

906 _____ Roast Pork with carrots a l'orange and savoury potatoes

907 _____ Roast Turkey with butternut squash and savoury potatoes

908 _____ Turkey a la King with peas and pasta

909 _____ Salmon with peas and pasta

910 _____ Macaroni with cheese sauce and herbed tomato

All frozen meals provided by Entrée Plus