



Meals on Wheels

Are you new to HCSS?

Please call Central Intake to register as a client before ordering any of our services.

Central Intake: 1-833-659-5491

Are you an existing client?

Use one of the numbers below to reach us directly.

(519) 372-2091 ext. 3

1-800-267-3798 ext. 3

2021 Regional Delivery Schedules and Full Menu Information below.

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

SEND YOUR FROZEN FOOD ORDER TO:

(519) 372-2091 ext. 3

mow@homecommunitysupport.com

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

SAUGEEN & AREA DELIVERY SCHEDULE

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

SAUGEEN AREA ORDER DEADLINE	SAUGEEN AREA DELIVERY DATE
Friday January 15, 2021	Thursday January 28, 2021
Friday February 12, 2021	Thursday February 25, 2021
Friday March 12, 2021	Thursday March 25, 2021
Friday April 9, 2021	Thursday April 22, 2021
Friday May 14, 2021	Thursday May 27, 2021
Friday June 11, 2021	Thursday June 24, 2021
Friday July 9, 2021	Thursday July 22, 2021
Friday August 13, 2021	Thursday August 26, 2021
Friday September 10, 2021	Thursday September 23, 2021
Friday October 15, 2021	Thursday October 28, 2021
Friday November 12, 2021	Thursday November 25, 2021
Friday December 3, 2021	Thursday December 16, 2021

WIARTON & AREA DELIVERY SCHEDULE

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

WIARTON AREA ORDER DEADLINE	WIARTON AREA DELIVERY DATE
Tuesday January 5, 2021	Thursday January 14, 2021
Friday January 29, 2021	Thursday February 11, 2021
Friday February 26, 2021	Thursday March 11, 2021
Friday March 26, 2021	Thursday April 8, 2021
Friday April 30, 2021	Thursday May 13, 2021
Friday May 28, 2021	Thursday June 10, 2021
Friday June 25, 2021	Thursday July 8, 2021
Friday July 30, 2021	Thursday August 12, 2021
Friday August 27, 2021	Thursday September 9, 2021
Friday October 1, 2021	Thursday October 14, 2021
Friday October 29, 2021	Thursday November 11, 2021
Friday November 19, 2021	Thursday December 2, 2021

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
Friday January 8, 2021	Thursday January 21, 2021
Friday February 5, 2021	Thursday February 18, 2021
Friday March 5, 2021	Thursday March 18, 2021
Thursday April 1, 2021	Thursday April 15, 2021
Friday May 7, 2021	Thursday May 20, 2021
Friday June 4, 2021	Thursday June 17, 2021
Friday July 2, 2021	Thursday July 15, 2021
Friday August 6, 2021	Thursday August 19, 2021
Friday September 3, 2021	Thursday September 16, 2021
Friday October 8, 2021	Thursday October 14, 2021
Friday November 5, 2021	Thursday November 18, 2021
Friday November 26, 2021	Thursday December 9, 2021

NORTH GREY DELIVERY SCHEDULE

Meaford, Thornbury

NORTH GREY ORDER DEADLINE	NORTH GREY DELIVERY DATE
Friday January 8, 2021	Friday January 22, 2021
Friday February 5, 2021	Friday February 19, 2021
Friday March 5, 2021	Friday March 19, 2021
Thursday April 1, 2021	Friday April 16, 2021
Friday May 7, 2021	Friday May 21, 2021
Friday June 4, 2021	Friday June 18, 2021
Friday July 2, 2021	Friday July 18, 2021
Friday August 6, 2021	Friday August 20, 2021
Friday September 3, 2021	Friday September 17, 2021
Friday October 8, 2021	Friday October 15, 2021
Friday November 5, 2021	Friday November 19, 2021
Friday November 26, 2021	Friday December 10, 2021

EAST GREY & AREA DELIVERY SCHEDULE

Markdale, Durham, Flesherton, Dundalk

EAST GREY ORDER DEADLINE	EAST GREY DELIVERY DATE
Friday January 15, 2021	Thursday January 28, 2021
Friday February 12, 2021	Thursday February 25, 2021
Friday March 12, 2021	Thursday March 25, 2021
Friday April 9, 2021	Thursday April 22, 2021
Friday May 14, 2021	Thursday May 27, 2021
Friday June 11, 2021	Thursday June 24, 2021
Friday July 9, 2021	Thursday July 22, 2021
Friday August 13, 2021	Thursday August 26, 2021
Friday September 10, 2021	Thursday September 23, 2021
Friday October 15, 2021	Thursday October 28, 2021
Friday November 12, 2021	Thursday November 25, 2021
Friday December 3, 2021	Thursday December 16, 2021

SHORELINE & AREA DELIVERY SCHEDULE

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

SHORELINE AREA ORDER DEADLINE	SHORELINE AREA DELIVERY DATE
Friday, January 22, 2021	Thursday February 4, 2021
Friday February 19, 2021	Thursday March 4, 2021
Friday March 19, 2021	Thursday April 1, 2021
Friday April 23, 2021	Thursday May 6, 2021
Friday May 21, 2021	Thursday June 3, 2021
Friday June 18, 2021	Friday July 2, 2021
Friday July 23, 2021	Thursday August 5, 2021
Friday August 20, 2021	Thursday September 2, 2021
Friday September 24, 2021	Thursday October 7, 2021
Friday October 22, 2021	Thursday November 4, 2021
Friday November 19, 2021	Thursday December 2, 2021
Friday December 24, 2021	Thursday January 6, 2022

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 _____ Butterscotch Pudding **GF**

D-14 _____ Cherry Crisp **LS**

D-15 _____ Peach Cobbler

D-16 _____ Cheese Cake **D** **LS**

D-17 _____ Sticky Toffee Pudding Cake

D-18 _____ Apple Streusel Cake **D** **LS**

D-19 _____ Fruit Cocktail **D** **LS** **LF** **GF**

D-21 _____ Black Forest Cake **D** **LS**

D-24 _____ Pecan Streusel Cake **D** **LS**

D-26 _____ Triple Berry Crumble **LS**

D-27 _____ 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