



Welcome to Brampton Meals on Wheels Frozen Meal Program As of January, 2016

Serving nutritious meals to those in need in our community.

Since 1963, Brampton Meals on Wheels has been delivering a wide variety of nutritious, hot and frozen meals to individuals in need in our community. We offer two Meal Programs to our clients. One is our Ready-to-Eat Hot Meal Program. The other is our Frozen Meals Program. You can purchase one or the other or both. We do have a minimum requirement of at least two meals total per week from either Program. Our Frozen Meals Program is ideal for clients who need help with meals over the weekend or want to fill the gap during the week.

Here's how it works:

Cost is \$5.75 per meal including 1 soup, 1 entrée and 1 dessert
 We also offer bulk purchasing of entrees only; 7 entrees per package for \$29.00
 Special dietary meals (low sodium-renal/vegetarian/gluten-free) are available upon request
 Deadline to order your Frozen Meal Program service is Tuesday at 3 pm
 All Frozen Meals are delivered every Friday between 9am and 11am

Tip: If you are ordering 5 Frozen Meals, you must order 5 soups, 5 entrees and 5 desserts. You can substitute 5 soups or 5 desserts for 5 Breakfast snacks. Or you can order 10 soups or 10 Desserts only.

BEEF	FISH	REGULAR SOUPS	REGULAR DESSERTS
D LF Beef Stew D Beef Stroganoff D Breaded Veal Cutlet D LF Chopped Swiss Steak D LF Macaroni Meat Casserole D LF Meatloaf in Mushroom Gravy D Shepherd's Pie D LS Traditional Pot Roast D Steak & Mushroom Pie D LF Spaghetti Bolognese D Liver & Onions D Meat Lasagna D Cabbage Rolls D Swedish Meatballs D Beef Pot Pie D Swedish Meatballs D Beef in Black Bean Sauce D Ginger Beef D Meatballs in Gravy D LF Veal Goulash D LS Sliced Beef w/Onion Gravy D Beef Curry	D LF Fish Florentine D Lemon Herb Fish D LF LS Salmon in Lemon Sauce D LF LS Tuna Casserole D LF LS Asian Glazed Salmon D Fish & Chips D LF Fish in Black Bean Sauce D Fishcakes D LF Apple Braised Pork D LF Baked Ham D LF Boneless Pork Chop D Pork with Stuffing D Egg & Bacon Brunch D LF LS Pork Medallions D Bangers & Mash D Tourtiere Meat Pie D BBQ Rib Style Pork Cutlet D Country Style Pork Casserole D LF Italian Crumbled Sausage Penne LF Honey Garlic Ribs D LF Char Sui Pork	D LF Beef Barley D LF Cream of Carrot D LF Chicken Noodle D LF Steak & Potato D Cream of Celery D LF Minestrone D LF Country Vegetable D LF Leek/Chive & Potato D Cream of Broccoli D Cream of Chicken & Veg. D Cream Green Split Pea D Tomato Cream D LS Turkey Noodle D LS Italian Wedding D Cream of Cauliflower D LF Broccoli & Cheese D LF LS Turkey Rice D Mushroom D New England Clam Chowder D LF French Onion D Corn & Potato Chowder D Cream of Butternut Squash	LS Oatmeal Date Square D Tripleberry Crumble D Butter Tart D Carmel Apple Crumble D Nanaimo Bar D Carrot Cake D Strawberry Shortcake D Pecan Streusel Cake D Chocolate Fudge Cake LS Vanilla Pudding (2) D Chocolate Pudding D Butterscotch Pudding D Black Forest Cake D Maple Chocolate Mania D Sticky Toffee Pudding D Banana Cake D Lemon Tart D Lemon Layer Cake LS Cherry Streusel LS Lemon Tart D Raspberry Tart D Deep Dutch Brownie D Strawberry Swirl Cheesecake LS Cherry Crisp D Cherry Cheesecake D Blueberry Cake D LS Apple Streusel Cake D LS Apple Crisp D LS Peach Cobbler D LF LS Rice Pudding D Cherry Cobbler D LF LS Fruit Cocktail D Pecan Pie D Chocolate Mousse D LS Strawberry Mousse D LS Tangerine Mousse
POULTRY	VEGETARIAN	LOW SODIUM SOUPS	BREAKFAST SNACKS
D LF Chicken Breast with White Cheddar & Broccoli Sauce LF Chicken Alfredo D Chicken à la King LS Country Chicken D LF LS Sweet & Sour Chicken D LF LS Turkey with Stuffing D LF LS Teriyaki Chicken D LF LS Chicken Cacciatore D Chicken Stew D Roast Chicken D Chicken Divan D Breaded Chicken Breast D Breaded Chicken Fingers D LF LS Lemon Chicken D General Tso's Chicken D LF LS Turkey Chili	D Vegetable Chow Mein D LF Vegetarian Dhal D LF Vegetarian Chili D Vegetable Lasagna D LF Vegetarian Pasta Primavera D LF LS Vegetarian Stew D Cheese Omelet D Cheese & Potato Perogies D Macaroni & Cheese D Vegetarian Tofu Oriental D LF LS Chana Masala D Fisherman's Pie D LS Seasoned Pork Loins D Beef Curry D Chicken Breast with Cheddar & Bacon Sauce D Herbed Chicken with Mushroom Gravy	LS Country Vegetable LS Chicken Noodle LS Minestrone LS Tomato Lentil	D LF LS Apple Juice D LF LS Orange Juice D Carrot Muffin D Raisin Bran Muffin LF LS Cream of Wheat Cereal LF LS Oatmeal Cereal
SIDE DISHES:			
Chicken Caesar Salad Beef Chili Wieners and Beans			

Diet Codes:

D Suitable for Diabetic Diet
LS Suitable for Low Salt Diet
LF Suitable for Low Fat Diet

Meals Available for Special Diets

Special Diet Meals

(Suitable for Lactose Free, Gluten Free and Renal diets)
 Special Diet Apple Pork
 Special Diet Hawaiian Chicken
 Special Diet Beef & Vegetable Casserole
 Special Diet Herbed Fish
 Special Diet Turkey with Gravy
 Special Diet Chicken with Gravy
 Special Diet Pot Roast with Rice & Peas

Minced Meals

Minced Beef
 Minced Apple Braised Pork
 Minced Ham
 Minced Chicken a la King
 Minced Turkey
 Minced Beef Stew
 Minced Pasta Primavera

Puree Meals

Chicken a la King Puree
 Apple Braised Pork Puree
 Macaroni & Cheese Puree
 Shepherd's Pie Puree
 Turkey Dinner Puree
 Beef & Vegetable Casserole Puree
 Pot Roast Puree
 Sweet & Sour Chicken Puree
 Lemon Herb Fish Puree
 Chicken Cacciatore Puree
 Turkey Casserole Puree
 Spaghetti Bolognese
 Creamed Salmon Puree
 Meatloaf

Thickened Puree Soups

Thickened Cream of Carrot
 Thickened Cream of Cauliflower
 Thickened Chicken Noodle
 Thickened Cream of Broccoli
 Thickened Cream of Mushroom
 Thickened Tomato Beef

Puree Desserts

Low Sugar Tangerine Mousse
 Low Sugar Chocolate Mousse
 Low Sugar Strawberry Mousse
 Vanilla Pudding

To place a new order, change an existing order or reschedule your delivery, simply call Brampton Meals on Wheels during regular business hours. If you need to cancel your order, an advanced notice is necessary. Deadline to place a new order or cancel existing Frozen Meal service is Tuesday at 1pm. All Frozen Meals are delivered every Friday between 9am and 11am.

Visit us at www.BramptonMealsOnWheels.com
 Call us at 905-453-4140 Ext. 3720 | Monday to Friday 8am to 1pm