



[Brampton Meals On Wheels \(905\) 453-4140 Ext. 3720](tel:9054534140)

[Frozen Meal Program](#)

Name: \_\_\_\_\_

### *Entrees*

**C-01** \_\_\_\_\_ Jerk Chicken

**C-02** \_\_\_\_\_ Curry Chicken

**V-01** \_\_\_\_\_ Cauliflower & Chickpea Curry

**B-01** \_\_\_\_\_ Stew Beef

**P-01** \_\_\_\_\_ Jerk Pork

**C-03** \_\_\_\_\_ Stew Chicken

### *Sybil's Soups*

**S-01** \_\_\_\_\_ Chicken Noodle

**S-02** \_\_\_\_\_ Chicken Noodle with Vegetable

**S-03** \_\_\_\_\_ Squash

**S-04** \_\_\_\_\_ Cream of Tomato

**S-05** \_\_\_\_\_ Caribbean Fish

**S-06** \_\_\_\_\_ Caribbean Beef & Vegetable

### *Desserts*

**D-01** \_\_\_\_\_ Carrot Cake

**D-02** \_\_\_\_\_ Banana Cake

**D-03** \_\_\_\_\_ Cornmeal Cake