

MILTON MEALS ON WHEELS FROZEN MEAL PROGRAM

905-878-6699

NAME: _____

TELEPHONE: _____

ADDRESS: _____

DELIVERY DATE _____

ITEM #	FROZEN MEALS	# OF MEALS
1	CABBAGE ROLLS WITH MASHED POTATOES & BUTTERED BEETS	
2	CHICKEN STRIPS WITH POTATO WEDGES & CORN	
3	MEDITERRANEAN HADDOCK WITH ROASTED PARISIENNE POTATOES & CREAMED PEAS	
4	TURKEY MEATBALLS WITH CRANBERRY SAUCE, ROSEMARY ROASTED POTATOES & MIXED VEGETABLES	
5	GREEK CHICKEN WITH MEDITERRANEAN POTATOES & GRILLED VEGETABLES	
6	CRUNCHIE PERCH WITH MASHED POTATOES & SUCCOTASH	
7	CHICKEN BREAST WITH CHALET SAUCE, MASHED POTATOES & PEAS	
8	SHEPHERD'S PIE WITH GRAVY, TURNIP & MIXED VEGETABLES	
9	SWEET & SOUR PORK WITH BASMATI RICE & ASIAN VEGETABLES	
10	MINI MUSHROOM QUICHE WITH HOME-FRIED POTATOES & GARDEN BEAN BLEND VEGETABLES	
11	BEEF BOURGUIGNON WITH MASHED POTATOES & GLAZED CARROTS	
12	VEGETABLE PASTA CASSEROLE WITH A CHEESE TEA BISCUIT & CALIFORNIA MIXED VEGETABLES	
13	ASIAN GLAZED SALMON WITH RICE PILAF & BROCCOLI	
14	TURKEY SCHNITZEL WITH GRAVY, ROSEMARY ROASTED POTATOES & SAUERKRAUT	

ITEM #			ITEM #		
1	Cream of Mushroom Soup		6	Pea Soup	
2	Minestrone		7	Vegetable Soup	
3	Chicken Noodle Soup		8	Cream of Chicken Soup	
4	Chicken & Rice Soup		9	Butternut Squash	
5	Vegetable Lentil Soup		10	Cream of Celery	

ITEM#			ITEM #		
1	M&M Cookie Bar		8	Blueberry Lattice Pie	
2	Cherry Pie		9	Red Velvet Cake	
3	Sticky Toffee Pudding Cake		10	Gingerbread Blondie	
4	Pumpkin Pie		11	Spiced Pear Cobbler	
5	Banana Cream Pie		12	Raspberry White Chocolate Cake	
6	Apple Upside Down Cake		NOTES:		
7	Caramel Swirl Cake				