

MILTON MEALS ON WHEELS FROZEN MEAL PROGRAM

905-878-6699

NAME: _____ TELEPHONE: _____

ADDRESS: _____ DELIVERY DATE: _____

ITEM #	FROZEN MEALS	# OF MEALS
1	Swiss Steak with tomato beef gravy, mashed potatoes and Romanesco vegetables	
2	Spaghetti with meat sauce, garlic bread, and mixed vegetables	
3	Battered Haddock with Greek potatoes, and sunrise vegetables	
4	Thai Turkey coconut curry with basmati rice, kale and carrot vegetable blend	
5	Salmon Loin with Peach sauce, basmati rice, and carrots	
6	Potato & Leek Frittata with roasted potatoes and green peas	
7	Chicken with garlic and lime, mashed sweet potatoes, and green beans	
8	Mediterranean roasted vegetable pasta with garlic bread and broccoli	
9	Beef meatballs in a mushroom cream sauce with mashed potatoes and peas	
10	Chicken breast stuffed with broccoli and cheese, mashed potatoes and green beans	
11	Basa fish with Spanish sauce, rice pilaf, and Florentine vegetables	
12	Roast Ham with maple sauce, scalloped potatoes, and diced carrots	
13	Country Sausage with gravy, baked potato, and succotash	
14	Savoury meatloaf with beef gravy, cheesy mashed potatoes, and carrot/turnip puree	
15	Chicken Shawarma with roast potatoes and Italian mixed vegetables	
16		
17		

ITEM #	FROZEN SOUPS				
1	Vegetable Lentil Soup		6	Chicken Orzo Soup	
2	Three Sisters Soup		7	Cream of Tomato Soup	
3	Chicken Noodle Soup		8	Tuscan White Bean & Kale Soup	
4	Chicken & Rice Soup		9	Cream of Asparagus Soup	
5	Minestrone Soup		10	Cream of Mushroom Soup	

ITEM#	FROZEN DESSERTS				
1	Brownie		8	Lemon Streusel Cake	
2	Lemon Meringue Pie		9	Butter Tart	
3	Confetti Cake		10	Blueberry Cobbler	
4	Coconut Cream Pie		11	Red Velvet Cake	
5	Strawberry Rhubarb Pie		12	Zucchini Loaf	
6	Apple Cinnamon Donuts		NOTES:		
7	Crème Brûlée Cheesecake				