

Dear Client

Please review the menu on the reverse side of this letter for a description of the available meal options. Kindly note that while **desserts are no longer offered**, soups are available to compliment your meals.

To ensure timely delivery, we kindly request a minimum lead time of four business days from the date of your order. A delivery driver will contact you via the phone number provided at the time of ordering to confirm the delivery time on the scheduled date.

Delivery fees are as follows:

\$5.00 within the city of Pembroke & \$10.00 for areas beyond city limits

Please note that our service is available exclusively through delivery. Carefor will send you a monthly invoice for your orders. Payment can be made using one of the following methods: Over the phone with a credit card, via e-transfer to e-paymentRC@carefor.ca or by mailing a cheque to 425 Cecelia Street, Pembroke ON K8A1S7

Please be advised that meals are non-returnable and non-refundable. Additionally, Carefor assumes no responsibility for clients ordering outside of their dietary restrictions. We strongly recommend consulting a registered dietitian before making any special dietary choices.

Eligibility for this program requires that clients be aged 65 years or older. Orders can be placed by calling 613-732-3949, extension 1115. Or by Emailing RCfrozenmeals@carefor.ca

Please note that online ordering is no longer available

There is a limit to the number of meals that can be ordered per transaction:

- Up to 20 Meals
- Up to 10 Soups

We appreciate your understanding and look forward to continuing to serve your nutritional needs. Should you have any questions or require further assistance, please do not hesitate to contact us.

Sincerely,



Alice Grenon, Manager of Transportation & Frozen Meals

MENU OPTIONS

\$10.00 Meal/ \$7.00 Soup (plus applicable delivery fee)

	Quantity
Alfredo Chicken <i>chicken breast/alfredo sauce/seashell pasta</i>	
Beef Stew <i>beef cubes/gravy/potatoes/carrots/celery</i>	
Breakfast Meal <i>scrambled eggs/home fries/bacon</i>	
Cabbage Rolls <i>beef/rice/tomato sauce/zucchini/carrots</i>	
Chicken Pot Pie <i>chicken breast/celery/carrots/potato/pie crust</i>	
Chicken Stew <i>chicken breast/onions/basil/oregano/diced potato/celery/carrots</i>	
Haddock with Dill sauce <i>fish/rice pilaf/onions/zucchini</i>	
Honey Garlic Meatballs <i>meatballs with honey garlic sauce/rice/onions/zucchini</i>	
Lasagna <i>meat sauce/ broad noodles/parmesan/ mozzarella/cheddar cheese</i>	
Liver & Onions <i>beef liver/mashed potatoes/fried onions/ turnips/carrots/peas</i>	
Mac & Cheese <i>noodles/three cheeses/breadcrumbs</i>	
Maple Ham <i>maple glazed ham/pineapple/scalloped/ potatoes</i>	
Meatloaf <i>Hamburger with tomato sauce/potato/corn</i>	

	Quantity
Pork Tenderloin <i>pork medallions/onions/carrots/au jus/potatoes</i>	
Roast Beef Dinner <i>roast beef/gravy/green beans/mashed potatoes</i>	
Salmon Fusion <i>salmon chunks/corn/carrots/onion/lemon/rice</i>	
Spaghetti <i>meat sauce/noodles/parmesan cheese</i>	
Shepherd's Pie <i>beef/corn/mashed potato</i>	
Steak & Mushroom Pie <i>steak/onions/celery/potatoes/gravy/pie crust/ carrots</i>	
Swedish Meatballs <i>egg noodles/meatballs/gravy/peppers/onions</i>	
Swiss Steak <i>onions/tomatoes/peppers/marinated steak/ red wine gravy/roasted potatoes</i>	
Teriyaki Chicken <i>chicken thighs/rice/carrots/broccoli/onion/ zucchini</i>	
Turkey Dinner <i>roasted turkey/gravy/mashed potatoes/ broccoli</i>	
Soups	
Beef Barely <i>steak/onions/peppers/carrots/celery/beef stock/ oregano/parsley/basil</i>	
Chicken Noodle <i>chicken breast/carrots/celery/onions/parsley</i>	