

Dear Client

Thank you for your interest in our Frozen Meal Program

**Eligibility for this program requires that clients be aged 65 years or older.**

Please review the menu on the reverse side of this letter for a description of the available meal options.

To ensure timely delivery, we kindly ask that orders be placed at least four business days in advance. On the scheduled delivery date, a driver will contact you at the phone number provided to confirm the delivery time.

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; which includes allergies. We strongly recommend consulting a registered dietitian before making any special dietary choices.*

Orders can be placed by calling 613-732-3949, extension 1115. Or by Emailing [RCfrozenmeals@carefor.ca](mailto:RCfrozenmeals@carefor.ca)

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

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