

Community & Home Assistance Program (CHAP): Frozen Meals – Regular Diet

Effective January 1, 2022

Phone: 519.354.6221 ext. 236 Email: meals@familyservicekent.com

Customer Name: _____ Order Date: _____

Delivery Address: _____ Phone #: _____

PORK ENTRÉES	
	Pork w/ Stuffing
	BBQ Rib Style Pork Cutlet
	Baked Ham
	Bangers & Mash
	Seasoned Pork Loin
	Apple Braised Pork
	Sweet & Sour Pork * NEW
BEEF ENTRÉES	
	Macaroni Meat & Cheese Casserole
	Beef Stew
	Salisbury Steak
	Chopped Swiss Steak
	Meatloaf in Mushroom Gravy
	Liver & Onions
	Meat Lasagna
	Shepherd's Pie
	Italian-Style Breaded Veal
	Spaghetti Bolognese
	Steak & Mushroom Pie
	Meatballs in Gravy
	Beef Stroganoff
	Meatballs with Peppers
	Sliced Beef w/ Mushroom Gravy
	Traditional Pot Roast
	Oriental Beef * NEW
	BBQ Beef Patty * NEW
	Beef w/ Creamy Peppercorn Sauce * NEW
VEGETARIAN & CHEESE ENTRÉES	
	Vegetarian Pasta Primavera
	Cheese Omelet
	Vegetarian Stew
	Vegetarian Chili
	Vegetarian Dhal
	Vegetable Lasagna
	Macaroni & Cheese
	Chana Masala
	Vegetarian Tofu Stew
	Tofu Teriyaki
	Spaghetti w/ Tomato Sauce
	Scrambled Eggs & Home Fries
	Mexican Rice & Bean Casserole * NEW

FISH ENTRÉES	
	Fish Florentine
	Fish & Chips
	Tuna Pasta Casserole
	Salmon in Lemon Sauce
	Asian – Style Glazed Salmon
	Fish Cakes
	Lemon Herb Fish
CHICKEN & TURKEY ENTRÉES	
	Chicken a la King
	Country Chicken
	Breaded Chicken Breast
	Chicken Cacciatore
	Roast Chicken Thigh
	Lemon Chicken
	Breaded Chicken Fingers
	General Tso's Chicken
	Chicken Stew
	Chicken Breast w/ Broccoli & Cheddar Sauce
	Turkey Chili
	Chicken Pot Pie
	Sweet & Sour Chicken
	Chicken Breast w/ Bacon Cheddar Sauce
	Chicken w/ Mushroom Gravy
	Chicken w/ Honey BBQ Sauce
	Turkey w/ Stuffing
	Chicken w/ Tangy BBQ Sauce
	Sweet Curry Chicken * NEW
	Chicken & Chorizo Jambalaya * NEW
	Chicken Rose Pasta * NEW
GLUTEN-FREE ENTRÉES	
	Vegetarian Dhal
	Chicken Breast w/ Bacon Cheddar Sauce
	Traditional Pot Roast
	Lemon Herb Fish
BREAKFAST SNACKS (1 Juice + 1 Starch)	
	Orange Juice
	Apple Juice
	Raisin Bran Muffin
	Carrot Muffin
	Cream of Wheat
	Oatmeal

ORDERS DUE BY THE 1ST & 3RD WEDNESDAY OF THE MONTH

SOUPS	
	Beef Barley
	Cream of Cauliflower
	Rice & Turkey
	Cream of Tomato
	Beef & Vegetable
	Carrot
	Cream of Mushroom
	Split Pea & Ham
	Cream of Potato & Leek
	Broccoli
	Chicken & Vegetable
	Squash
	Minestrone
	Chicken Noodle
	Country Vegetable
THICKENED PUREE SOUPS	
	Cream of Carrot
	Cream of Cauliflower
	Cream of Chicken Noodle
	Cream of Broccoli
	Cream of Mushroom
	Tomato Beef

DESSERTS	
	Chocolate Brownie
	Butter Tart
	Carrot Cake
	Strawberry Shortcake
	Chocolate Fudge Cake
	Lemon Tart
	Banana Cake
	Pecan Tart
	Lemon Layer Cake
	Raspberry Tart
	Orange Layer Cake
	Sticky Toffee Pudding
	Cherry Cheesecake
	Cherry Streusel
LOW SUGAR DESSERTS	
	Apple Crisp
	Blueberry Cake
	Cheesecake
	Cherry Cobbler
	Chocolate Mousse
	Fruit Cocktail
	Peach Cobbler
	Strawberry Mousse
	Tangerine Mousse

ORDER SUMMARY

FROZEN MEALS		Price	Total
	Breakfast Snack Combo (1 Juice + 1 Starch)	\$3.00	
	Breakfast Snack Pack (12 Juice + 12 Starch)	\$30.00	
	Entrée (Individual)	\$7.00	
	Savings Bundle (7 Entrées)	\$47.25	
	Savings Bundle (10 Entrées)	\$65.00	
	Savings Bundle (12 Entrées)	\$75.00	
	Soup (Individual)	\$2.75	
	"Soup"er Deal (12 Soup)	\$30.00	
	Dessert (Individual)	\$2.75	
	"Sweet" Deal (12 Desserts)	\$30.00	
MIX & MATCH MEALS			
	Sample Package (2 Breakfasts + 2 Entrées + 2 Soups + 2 Desserts)	\$30.00	
	Favourites Package (3 Breakfasts + 3 Entrées + 3 Soups + 3 Desserts)	\$45.00	
	Care Package (6 Breakfasts + 6 Entrées + Choice of 6 Soups or Desserts)	\$70.00	
	Savings Package (12 Breakfasts + 12 Entrées + 12 Soups + 12 Desserts)	\$165.00	

☐ Cash ☐ Cheque ☐ Visa ☐ Debit ☐ E-Transfer ☐ Third-Party Invoicing
☐ For Pick Up (Date: _____) ☐ For Delivery (Free) ☐ For Delivery (Fee)

Subtotal: _____
 Delivery Fee: _____
Total: _____