



Lambton Elderly Outreach

Frozen Meal Program Order Form Featuring Piquette Frozen Meals



Name: _____

Phone: _____

Address: _____

Meals: _____ # Soups/Desserts: _____

Order Date: _____

Delivery Date: _____

Client Signature: _____

Entrees \$7.00/EACH ****Premium items \$8.25/EACH**

Soups \$2.00/EACH

BEEF

- _____ **Roast Beef (Prem Meal) ****
- _____ Meatloaf
- _____ Sweet & Sour Meatballs
- _____ Shepherd's Pie

- _____ Hearty Chicken Noodle
- _____ Broccoli Cheddar
- _____ Tomato Macaroni
- _____ Cream of Mushroom

CHICKEN

- _____ BBQ Chicken
- _____ Honey Garlic Chicken
- _____ Sweet & Sour Chicken
- _____ Chicken Cacciatore
- _____ Chicken Marsala

DESSERTS

1. **CRUMBLES**
 - _____ Apple
 - _____ Peach
 - _____ Cherry
 - _____ Blueberry
 - _____ Date
2. **COOKIES (3 per order)**
 - _____ Macaroon
 - _____ Chocolate
 - _____ Sugar
 - _____ Peanut Butter
 - _____ Gingerbread

PORK

- _____ Roast Pork Loin
- _____ BBQ Pork Chop
- _____ **Ham Steak (Prem Meal) ****

FISH

- _____ Lemon Pepper Salmon
- _____ Dill & Lemon Salmon
- _____ **Tilapia with Creamy Mushroom Sauce (Prem Meal) ****

PASTA

- _____ Meat Lasagna
- _____ Hearty Vegetarian Lasagna
- _____ Old Fashioned Mac & Cheese
- _____ **Fettuccini Shrimp Alfredo (Prem Meal) ****
- _____ Fettuccini Chicken Alfredo
- _____ Penne & Pasta Sauce
- _____ Spaghetti & Meatballs

3. CAKE/BROWNIE

- _____ Chocolate Cake
- _____ Vanilla Cake
- _____ Brownie

******SUBSIDIES AVAILABLE STARTING APRIL 1, 2019! ASK FOR DETAILS******

Full meal descriptions are on the reverse side of order form. Meals are subject to change.

A separate menu is available for special diet requests.

For more information, or to place an order, please phone Lambton Elderly Outreach:

519-845-1353 (local) OR 1-800-265-0203 Long Distance



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Full Meal Descriptions

Pork

Roast Pork Loin – Oven Roasted Potatoes – Cut Green/Yellow Beans
BBQ Pork Chop – Mashed Potato – Sliced Carrots
Ham Steak / Pineapple / Scalloped Potato / Peas

Pasta

Fettuccini Shrimp Alfredo
Fettuccini Chicken Alfredo
Penne & Pasta Sauce
Spaghetti & Meatballs
Meat Lasagna
Hearty Vegetable Lasagna
Old Fashioned Mac & Cheese

Fish – you can sub any of the rice sides for mashed potato

Lemon Pepper Salmon – Brown Rice – California Mixed Vegetables
Dill & Lemon Salmon – Brown Rice – California Mixed Vegetables
Tilapia w/Creamy Mushroom Sauce – Mashed Potato – Broccoli

Beef

Roast Beef – Oven Roasted Potato – Sliced Carrots
Meatloaf – Mashed Potato – Peas
Shepherd's Pie – Mashed Potato – Peas – Seasoned Lean Ground Beef
Sweet & Sour Meatballs – Wild Rice Pilaf – California Mixed Vegetables

Chicken – you can sub any of the rice sides for mashed potato

Sweet & Sour Chicken – Wild Rice Pilaf – Broccoli
BBQ Chicken – Wild Rice Pilaf – Broccoli
Honey Garlic Chicken – Wild Rice Pilaf – Broccoli
Chicken Cacciatore – Mashed Potato – Cut Green Beans
Chicken Marsala – Red Skin Potatoes – Baby Carrots

Soups

Cream of Mushroom
Hearty Chicken Noodle
Broccoli Cheddar
Tomato Macaroni

Premium Items would include @ \$8.25 per meal

Ham Steak
Roast Beef
Creamy Mushroom Tilapia
Shrimp Alfredo

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