



October 2019

We are pleased to enclose information on our **Frozen Meals on Wheels** program. Included in this package is our latest menu and a brochure of meal descriptions.

You will have a choice of a variety of entrees, soups and desserts that can be cooked in the microwave or oven. Our menu is suitable for special dietary needs including diabetic/renal and low sodium options. We have dedicated Volunteers that will deliver your meal order to your door.

There are no cash transactions at the door; you will be invoiced at the end of each month for your orders.

Should you decide to order, you will need to register with us by calling the number printed below. The following are the meal ordering options available:

Option 1

- A) The 5 + 5 packages consist of 5 entrees plus 5 soups and/or desserts at a cost of \$39.00.
- B) The package of 7 entrees at a cost of \$40.00.

Option 2

Individual Entrees	\$6.00
Individual Soup	\$2.50
Individual Desserts	\$2.50
Breakfast Snack	\$2.50
Case of Entrees (12)	\$67.00
Case of Soup (24)	\$45.00
Case of Desserts (36)	\$65.00

*We also offer Ensure and Glucerna. Price depends on Area.

To place an order, please call the office at 705-721-3313 ext 5267.

Yours truly,

Margaret Tallon
Frozen Meals on Wheels Scheduler
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