

GRIFFITH FROZEN MEALS

To Order Call: _____

SENIORS AT HOME

(613)623-7981 ext 3or0

Name			
Address			
Phone		Date Ordered	

All meals are SOY FREE -low sodium & fat & no salt or sugar added. GLUTEN FREE meals = (*GF)

Maple Squash Casserole Maple Squash/Onions/Hamburger/Peas		GFM -01	Smoked Ham/scallop potat/corn		GFM -13
Meatloaf (*GF) Flavoured Meatloaf/Tomatoes/Rice/Veg		GFM -02	Shepherd's Pie (*GF) Hamburg/Onions/Mixed Veg/Mashed Pot		GFM -14
Beef Stew (*GF) Beef Cube/Potatoes/Carrots/Gravy		GFM -03	Chicken Casserole (*GF) Chicken/Carrots/Potatoes/Gravy		GFM -15
BBQ Meatballs BBQ Meatballs in BB sauce/bed of rice		GFM -04	Chili (*GF) Hamburg/Kidney Beans/Tomatoes Sauce		GFM -16
Spaghetti Bake Spaghetti/Meat Sauce/Cheese		GFM -05	Minestrone Soup (*GF) 16 oz Cabbage/Carrots/Celery/Pot/Tom/Lentils		GFM -17
Salisbury Steak Beef patty/gravy/potatoes/Green beans		GFM -06	Hamburger Soup (16 oz) Beef/Vegetables/Macaroni/Beef Broth		GFM -18
Liver & Onions(*GF) Beef Liver/Bacon/onions/gravy/potatoes		GFM -07	Cabbage Rolls (2 large rolls) (*GF) Hamburg/Rice/Cabbage/ Tomato Sauce		GFM -19
Honey Garlic Meatballs Rice/zucchini/mushrooms/peppers		GFM -08	Minced Pork Casserole Minced Pork/Green Beans/ Rice Pilaf		GFM -20
Lasagna Rolls (Lasagna /Meat Sauce/Cheese)		GFM -09	Beef Barley Soup (16 oz) Barley/Tomatoes/Vegetables		GFM -21
BBQ Pulled Chicken (*GF) (note: BBQ pulled chicken only)		GFM -10	Maple Baked Beans (*GF) Local Maple Syrup & Brown Beans		GFM -22
Chicken Alfredo Pasta (Bowtie Pasta/Chicken/Alfredo Sauce/veg)		GFM -11	NEW *Roast Beef Dinner with gravy/ mashed potatoes /mixed vegetables.		
Macaroni & Cheese (MAC & Creamy Cheddar Cheese Sauce)		GFM -12	NEW *Roast Pork Dinner with gravy/ mashed potatoes / carrots		
SUBTOTAL			SUBTOTAL		

Pay By: Cash / Debit / VISA / MC / or by cheque payable to: (Seniors At Home)

Number of Meals _____ x \$6.00@meal = _____

Client will pick up meals? Yes / No or to be Delivered? Yes / No (see other side) →