

APETITO FROZEN MEALS (to order CALL - Seniors At Home)
(613) 623-7981 Ext "3" or "0"

Name: _____ Date Ordered _____

Address: _____

Phone: () _____

♣ - Low Sodium

♥ - Low Fat

♦ - Diabetic

♠ No Added Salt

Product	Quantit	Product Name	Client Pick Up	Y <input type="checkbox"/>
12005		Macaroni and Meat ♣ ♠	Date:	
12008		Beef Stew ♥		
12010		Traditional Pot Roast ♣ ♦ ♥ ♠	Delivery	Y <input type="checkbox"/>
12046		Chopped Swiss Steak ♦ ♠	Driver Name:	
12062		Meatloaf and Mushroom Gravy ♦ ♥ ♠	Delivery Address:	
12087		Liver and Onions	Charge:	
12108		Shepherd's Pie	Bill To:	
12109		Veal Parmesan ♣	Client <input type="checkbox"/>	
12130		Beef Stroganoff	Depot <input type="checkbox"/>	
12001		Chicken a la King ♣ ♦ ♥	Going Home Program <input type="checkbox"/>	
12007		Turkey with Stuffing ♣ ♦ ♥	GEM <input type="checkbox"/>	
12139		Sweet and Sour Chicken ♣ ♦ ♥	Other <input type="checkbox"/>	
12032		Country Chicken ♣ ♦ ♥		
12178		Chicken Cacciatore ♦ ♥		
12190		Roast Chicken ♠		
12020		Pork with Stuffing ♦ ♠		
12089		BBQ Rib Style Pork Cutlet ♦ ♠		
12143		Seasoned Pork Tenderloin ♣ ♦		
12003		Fish Florentine ♣ ♦ ♥		
12013		Fish and Chips		
12150		Slice Beef w gravy ♣ ♦ ♥		
12063		Salmon with Lemon Sauce ♣ ♦ ♥ ♠		
12021		Vegetable Lasagna ♦ ♠		
12114		(NEW) General Tso Chicken		
		(NEW) Scrambled Eggs/Home Fries		
12178		(NEW) Oriental Beef		

WHEN ORDERING
5 OR MORE MEALS
IT IS
FREE DELIVERY
IN TOWN.

OUT-OF-TOWN DELIVERY IS
0.52 CENTS A KM

of Meals _____ x **\$8.00 as of Mar 1st, 2023@meal** = _____ PAYING by: cash / cheq / CC / debit

Cheques Payable to: **(ABM Seniors at Home)**

Meals to be Delivered? Yes / No

***See our NEW Desserts on separate sheet and our 3 NEW MEALS at bottom of this list.**