



GRIFFITH FROZEN MEALS



To Order Call: **SENIORS AT HOME**
(613)623-7981 ext 3or0

HOME COMMUNITY
 SUPPORT
 United in our commitment to care
 Arnprior-Braeside-McNab
 Seniors At Home Program Inc.

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
Meatloaf /Tomatoes/Rice/Corn		GFM -02
Beef Stew (*GF) Beef Cube/Potatoes/Carrots/Gravy		GFM -03
BBQ Meatballs in BB sauce/bed of rice		GFM -04
Spaghetti (Spaghetti/Meat Sauce/Cheese)		GFM -05
Salisbury Steak Beef patty/gravy/potatoes/Green beans		GFM -06
Honey Garlic Meatballs Rice/zucchini/mushrooms/peppers		GFM -08
Lasagna (Lasagna /Meat Sauce/Cheese)		GFM -09
Chicken Alfredo Pasta (Bowtie Pasta/Chicken/Alfredo Sauce/veg)		GFM -11
Macaroni & Cheese (MAC & Creamy Cheddar Cheese Sauce)		GFM -12
(New) Chicken Teriyaki Bowl <i>Strips of chicken/roasted veg/brown rice</i>		GFM -15
SWEET AND SOUR CHICKEN (Rice/Green Beans)		
SAUSAGE PENNE (Oct-fest sausage medallions in a tomato sauce,peppers,onions,mshrms, penne pasta.		
SUBTOTAL		

Smoked Ham/scallop potatoes/corn		GFM -13
Shepherd's Pie (*GF) Hamburg/Onions/Mixed Veg/Mashed Pot		GFM -14
Chili (*GF) Hambg/Kidney Beans/Tom. Sauce		GFM -16
BEEF BARLEY SOUP (16 oz) Barley/Tomatoes/Vegetables		
CHICKEN RICE SOUP (16 oz) (NEW) Diced Chicken/White Rice/Carrots/Celery		
HAMBURGER SOUP (16 oz) Beef/Vegetables/Macaroni/Beef Broth		
Cabbage Rolls (2 large rolls) (*GF) Hamburg/Rice/Cabbage/Tomato Sauce		GFM -19
Maple Baked Beans (*GF) Local Maple Syrup & Brown Beans		GFM -22
Roast Beef Dinner with gravy/ mashed potatoes /mixed vegetables.		
Roast Pork Dinner with gravy/ mashed potatoes / carrots		
SEE DESSERTS ON SEPARATE SHEET		
HADDOCK AND DILL SAUCE Haddock fish fillet in a lemon dill sauce, served with ample rice pilaf, peas and pearl onions.		
PORK CUTLET Boneless pork served with roasted potatoes and cabbage, onion, bacon vegetable melody		
SUBTOTAL		

Updated Nov 22, 2023

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

Cheques Payable to: **(ABM Seniors at Home)** Meals to be Delivered? Yes / No

*See our Desserts on separate sheet. ***one (NEW) MEAL ABOVE: Chicken Teriyaki Bowl**