



Dear Client,

Thank you for your inquiry regarding Carefor Health and Community Service's frozen meals program. We are pleased to send you more information about this service.

We offer meals prepared by Griffith Farm & Market, a local producer who use their own pasture-raised beef and free-run chickens in the meals they make. Please review the menu on the reverse of this page for a description of available options.

We request a minimum of four business days from the time you order for *contactless* delivery to be arranged. A delivery driver will call you at the number you provide when ordering to confirm time of delivery on the arranged date. There is a flat rate delivery fee of \$5.00 within the city of Pembroke and \$10.00 beyond city limits. Service is available via delivery only.

Carefor will send you a monthly bill for your order(s). Once your bill is received, payment may be made over the phone using a credit card, via e-transfer to: e-paymentRC@carefor.ca or by sending a cheque in the mail.

Please be advised that meals cannot be returned or refunded once they are in your possession. We are also obligated to advise you that Carefor does not accept any responsibility for clients ordering outside of their dietary restrictions and to please consult a dietician before making special dietary choices.

You can reach us at **613-732-9993 ext. 3210** with any questions, or to make your first order. You are also able to place orders online through our website: <https://carefor.ca/services/frozen-meals-program>

Thank you so much for your interest, we look forward to hearing from you.

Sincerely,

Alice Grenon

Manager, Community Support Services

MENU OPTIONS

\$9.00/meal (plus applicable delivery fee) *GF-gluten free option

	Quantity
BBQ Meatballs <i>Meatballs in our own BBQ sauce with rice</i>	
Beef Stew (GF) <i>Beef cubes/gravy/potatoes/carrots</i>	
Cabbage Rolls (2) (GF) <i>Hamburg/Rice/Cabbage/Tomato Sauce</i>	
Chicken Alfredo Pasta <i>Bowtie Pasta/Chicken/Homemade Alfredo Sauce/mixed vegetables</i>	
Chicken Casserole (GF) <i>Chicken/Carrots/Potatoes/Gravy</i>	
Chicken and Rice Soup (GF) <i>Homemade broth/vegetables/rice</i>	
Chicken with Sweet & Sour sauce (GF) <i>Chicken with homemade sauce Rice/Asian Green Bean</i>	
Chicken Teriyaki Bowl <i>Strips of chicken/roasted vegetable/brown rice</i>	
Haddock with Dill sauce (GF) <i>Fish/Rice Pilaf/Peas & Onion</i>	
Hamburger Soup <i>Beef/Vegetables/Macaroni/Beef Broth</i>	
Honey Garlic Meatballs <i>Hamburg in homemade sauce /rice /zucchini, mushrooms, peppers</i>	
Lasagna Rolls (2) <i>Lasagna /Meat Sauce/Cheese</i>	
Liver & Onions <i>Bacon/ mashed potatoes</i>	
Macaroni & Cheese <i>Pasta & creamy homemade cheddar cheese sauce</i>	
Meatloaf <i>Hamburger w tomatoes/rice/corn</i>	

	Quantity
Pork Cutlet in Mushroom Sauce <i>Roast Potatoes/Cabbage & onion</i>	
Roast Beef Dinner (GF) <i>Roast sirloin/potatoes/mixed vegetables/gravy</i>	
Roast Pork Dinner (GF) <i>Sliced pork loin/potatoes/gravy/carrots</i>	
Salisbury Steak <i>Beef patty/potatoes/green beans</i>	
Sausage Penne Casserole <i>Octoberfest sausage / pasta/onions/ mushrooms /peppers /tomato sauce</i>	
Sausage & Squash <i>Octoberfest sausage with sauerkraut/Diced squash/Mashed potato</i>	
Shepherd's Pie (GF) <i>Hamburg/Onions/Mixed Veg/ Potato</i>	
Smoked Ham Dinner <i>Ham/Scallop potatoes/corn</i>	
Spaghetti Bake <i>Spaghetti/Meat Sauce/Cheese</i>	
Desserts now available: \$6.00 each	
Carrot Cake w/ icing (2 pieces)	
Date Square (2 pieces)	
Lemon Cake (2 pieces)	
Brownie (2 pieces)	

CALL 613-732-9993 x 3210 for more information or to place an order