

Community Home Support



April 3, 2013

Dear Service Provider:

Community Home Support – Lanark County is pleased to offer a new ***Meals Meals on Wheels*** program in Lanark Village.

The hot, nutritiously balanced meals, delivered at lunch time on Tuesdays and Thursdays, are cooked at Lanark Lodge and consist of soup, a main course and dessert for \$9.00. Diabetic desserts are also available.

In order for the program to be successful a minimum of 10 meals are needed to be ordered each day. For clients wishing to order more than one meal, two different main courses would be available. We would encourage clients to order 2 meals for re-heating.

For more information please call Suzanne at **613-259-5412**.

Sincerely,

Suzanne Bourbonnais

Manager, Client Services

Community Home Support – Lanark County

40 Sunset Blvd., Perth, On K7H 2Y4

Tel) 613-259-5412 or 613-267-6400

Fax) 613-267-3497

Email – [suzanneb@chslc.ca](mailto:suzanneb@chslc.ca)



Member Agency

Supported by the South East Local Health Integration Network

Community Home Support



Services for  
Seniors & Adults with  
Physical Disabilities

## Community Home Support - Lanark County

Services for Seniors & Adults with Physical Disabilities

Is pleased to offer

# MEALS ON WHEELS™

In Lanark Village

*Enjoy a nutritious, hot lunch delivered to your home each*

*Tuesday & Thursday*

*Cost is \$9.00*

*(Includes soup, main course and dessert)*

*Diabetic meals are available.*

For information please call

Suzanne Bourbonnais, Manager Client Services

613-267-6400 ext. 24

Community Home Support – Lanark County  
40 Sunset Blvd., Perth, ON K7H 2Y4

OCSA  
Ontario Community  
Support Association



Member Agency

Supported by the South East Local Health Integration Network

**Community Home Support- Lanark County**  
**40 Sunset BLVD. Suite 100, Perth, On**  
**613-267-6400**

Entrees- \$5.00  
 Assorted Soups Available- \$1.50

**Poultry**

1. \_\_\_ Chicken a la King \*
2. \_\_\_ Sweet & Sour Chicken \*
3. \_\_\_ Roast Chicken
4. \_\_\_ Turkey with Stuffing \*
5. \_\_\_ Country Chicken \*
6. \_\_\_ Breaded Chicken Breast
7. \_\_\_ Breaded Chicken Fingers
8. \_\_\_ Chicken Pot Pie \*
9. \_\_\_ Chicken Stew
10. \_\_\_ Chicken Souvlaki \*
11. \_\_\_ Butter Chicken \*
12. \_\_\_ Chicken Cacciatore \*
13. \_\_\_ Pineapple Chicken

**Pork**

14. \_\_\_ BBQ Rib-Style Pork Cutlet
15. \_\_\_ Bangers (Sausage) & Mash
16. \_\_\_ Country Pork Casserole
17. \_\_\_ Pork with Stuffing \*
18. \_\_\_ Baked Ham
19. \_\_\_ Italian Sausage Pasta \*
20. \_\_\_ Pork Loin with Gravy \*
21. \_\_\_ Tourtiere Meat Pie

**Beef**

22. \_\_\_ Salisbury Steak
23. \_\_\_ Shepherd's Pie
24. \_\_\_ Beef Stew
25. \_\_\_ Beef Stroganoff
26. \_\_\_ Chopped Swiss Steak \*
27. \_\_\_ Meatloaf with Mushroom Gravy
28. \_\_\_ Pot Roast \*
29. \_\_\_ Liver & Onions
30. \_\_\_ Veal Parmigiana
31. \_\_\_ Steak & Mushroom Pie

**Fish**

32. \_\_\_ Asian Glazed Salmon \*
33. \_\_\_ Fish & Chips
34. \_\_\_ Salmon in Lemon Sauce\*

**Pasta**

35. \_\_\_ Meat Lasagna
36. \_\_\_ Vegetable Lasagna
37. \_\_\_ Macaroni & Cheese
38. \_\_\_ Spaghetti Bolognese
39. \_\_\_ Macaroni Meat Casserole\*

\_\_\_ Entrees      x \$ 5.00 = \_\_\_  
 \_\_\_ Soup        x \$ 1.50 = \_\_\_  
    Total = \_\_\_

PAID UPON PICK-UP Yes \_\_\_ No \_\_\_

Bill To: Smile \_\_\_ DVA \_\_\_ Other: \_\_\_

Date of Order: \_\_\_\_\_

Date of Delivery: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**\*Low Sodium choices**

***Special Diet- Pureed, Minced, Gluten-Free: Can Be Ordered upon Request***

***\*\*\* Not Suitable for Salt-Free Diets\*\*\****

## **Soups**

1. \_\_ Beef Barley
2. \_\_ Cream of Carrot
3. \_\_ Chicken Noodle
4. \_\_ Minestrone
5. \_\_ Country Vegetable
6. \_\_ Cream of Leek & Potato
7. \_\_ Cream of Broccoli
8. \_\_ Chicken Vegetable
9. \_\_ Harvest Vegetable
10. \_\_ Tomato Cream
11. \_\_ Vegetable Beef
12. \_\_ Mulligatawny Soup
13. \_\_ Cream of Cauliflower Cheddar
14. \_\_ Chicken Rice
15. \_\_ Cream of Green Pea \*
16. \_\_ Cream of Mushroom
17. \_\_ French Onion
18. \_\_ Cream of Butternut Squash
19. \_\_ Corn & Potato Chowder