

Delivery Date _____

FROZEN MEAL MENU

Arizona Beans with Roast Beef (H)
Beef Lasagna (H)
Black Forest Ham/Pineapple Sauce (H)
Cabbage Casserole (H)
Chicken Breast in Savory Sauce (H)
Chili (H)
Honey Garlic Meatballs (H)
Potato Casserole with Ham (H)
Roast Beef with Mushroom Sauce (H)
Shepherds Pie (H)
Sweet & Sour Meatball (H)
Tuna Casserole (H)
Turkey Dinner (H)

Haddock with Parsley
Dilled Pollock
Baked Tilapia
Mediterranean Haddock
Crusted Cod

Beef Steakette/Fried Onions (B)
Beef Stew (B)
Beef Stroganoff (B)
Braised Pork Loin (GF) (B)
Cheese Tortellini with Rose sauce (B)
Chinese Food Meal *New (B)
Cranberry Chicken/Rice (GF) (B)
Meatloaf (B)
Pasta and meatballs (new) (B) Smoked
Brisket (GF) (B)
Turkey Dinner (B)
Veal Parmesan (B)
Vegetarian Lasagna (B)

S O U P S

Beef Barley Soup
Potato Soup
Italian Wedding Soup
Cream of Tomato Soup
French Canadian Pea Soup

Re-heating & Re-Ordering

Always check entree to ensure all items can be re-heated
Know that container is microwavable safe BUT Lid is not

Best to re-heat entree from thawed-thawing in fridge 24 hours prior
is recommended.

OVEN: pre-heat oven to 350 degree F and place on cooking sheet in
middle rack with lid vented for 30 min, check/stir and add additional
time being aware not to over cook

MICROWAVE: place in microwave with lid off and a safe cover,
microwave on high 2 min. checking/stiring and add additional time
if needed being aware to not over cook

Our Providers work hard to ensure quality of meals and we at MSC
work hard to ensure delivery to your door free of charge.

Entree cost \$6.75

Soup cost \$2.50

**Please ensure we receive your order on Monday's. To place an
order please call 519-842-9008 ext 357 or email your order to
E: cmacinnnes@multiservicecentre.com**