

FROZEN MEAL PROGRAM

NAME: _____

DATE: _____

To receive frozen meals, please complete the order form and return it to one of the dedicated volunteers, or email it directly to mow@multiservicecentre.com

Menu Options

Hometown Country Market

Located in Mount Elgin, Elsie has many years of experience cooking at the Country Market. She puts her heart into her cooking – you can taste it in the warmth of her meals!

Meal Choice	Qty.	Meal Choice	Qty.
Beef Lasagna		Honey Garlic Meatballs	
Beef Stew		Potato Casserole with Ham	
Black Forest Ham in Pineapple Sauce		Roast Beef in Mushroom Sauce	
Cabbage Casserole		Shepherd's Pie	
Chicken Breast/Savory Sauce		Sweet & Sour Meatballs	
Chili		Tuna Casserole	
Turkey Dinner			

Athens to Budapest Catering Company

Originally from Tillsonburg, Chef Pam was raised in a Hungarian family, where she developed her appreciation for delicious and comforting dishes. Now, she has returned to her hometown and established her business, dedicated to bringing quality meals to the comfort of your home.

With a commitment to using seasonal ingredients and responding to demand, Chef Pam will be offering a rotating selection of assorted dishes.

Meal Choice	Qty.	Meal Choice	Qty.
Seafood Shepherd's Pie		Hungarian Cabbage Rolls	
Spanakopita Pasta Bake		Authentic Chicken Paprika	
Greek Chicken Thigh with Lemon Potatoes		Hungarian Sausage Stew with Sauerkraut	

Beres Butchery & Catering

Providing catering and local butcher shop services to Tillsonburg for many years, Beres also offers mouth-watering, convenient meals to your home.

Meal Choice	Qty.	Meal Choice	Qty.
Chalet Chicken Thigh		Chinese Dinner	
Beef Stroganoff		Cranberry Chicken with Rice	
Braised Pork Loin		Meatloaf	
Chicken Parma		Pork Schnitzel	
Cheese Tortellini with Rosé Sauce		Smoked Beef Brisket	
Chicken Cordon Bleu		Chicken Pot Pie	
Baked Haddock		Salmon Dinner	
Fish Cake		Broccoli Cheddar Quiche	
Spaghetti & Meatballs with Garlic Bread		Beef Broccoli Teriyaki Stir-Fry	
Hungarian Sausage with Mashed Potato/Veggie			

Assortment of Soups

We have a floating inventory of home-made, quality soups. Ask your coordinator what is in our inventory! Soups are provided gluten free, lactose free, creamed, broth based, and guaranteed to be delicious. (6oz)

Reheating Your Meal - General Instructions

**All meals are best if thawed in your fridge overnight*

Microwave

Vent meal by lifting corner or removing lid, place in microwave, covered with microwave topper, for 2 mins, check, stir, and add additional time as needed.

Oven

Pre-heat to 350°F, poke/vent/lift corner. Place on cooking sheet on middle rack for about 30 minutes, check, stir, and add time as needed.

Cost

Entrée: \$7.50

Soup: \$2.50

Combo Soup & Entrée: \$7.75

Order your Wednesday delivery by calling Tracy at MSC Home Support (519-842-9008 ext. 259) or emailing now@multiservicecentre.com. Don't forget to place your order by Friday each week for ease of delivery.