



FORT ERIE MEALS ON WHEELS



WINTER – SPRING 2025

FROZEN MENU



CHOOSE YOUR OWN MEALS FROM A
FIVE (5) WEEK ROTATING MENU
WEEKLY DELIVERY EVERY WEDNESDAY

Minimum order: 2 Meals per Week

\$8.00 PER meal

Call us today to order

905-871-9366

Frozen meals prepared by Niagara Ina Grafton Gage Village

Fort Erie Meals on Wheels ~ Frozen Meals



WEEK #1 Winter-Spring 2025

NAME: _____

DELIVERY DATE:

Quantity	Main Course	Cost
	Roast Beef & Gravy Mashed Potato Peas	Entrée Only \$8.00
	Meatloaf & Gravy Mashed Potato Carrots	Entrée & Dessert or Soup \$10.25
	Turkey Cacciatore Rotini Mixed Vegetables	Entrée Dessert & Soup \$13.25
	BBQ Chicken Breast Mashed Potatoes Broccoli	Extra Dessert \$3.00
	Vegetable Quich Home fires Montego Mix Vegetables	Extra Soup \$3.00
	Honey Garlic Chicken Rice Oriental Vegetables-No Corn	
	Perogies with Onions Mixed Vegetables-With Corn	

QTY.	DESSERT
	Orange Cake
	Lemon Tart
	Shortbread Cookies
	Rice Pudding
	Nanaimo Bar
	Diet Butterscotch Pudding
	Diet Chocolate Mousse

QTY.	SOUP - 8oz.
	Beef Barley
	Chicken Noodle
	Chicken Rice
	Vegetable
	Cream of Potato Leek
	Cream of Mushroom
	Cream of Broccoli

If you have any questions please call: 905 871- 9366.

Please order by Wednesday.

If there is no answer, please leave your order on the answering machine.

NOTE: Pureed meals are available on request.

NOTE: A Minimum of 2 Entrees required per order.

24 HOURS NOTICE REQUIRED FOR CANCELLATION

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WEEK #2 Winter-Spring 2025

NAME: _____

DELIVERY DATE: _____

Quantity	Main Course	Salt	Cost
	Turkey Schnitzel Oven Roasted Potato Mixed Vegetables		Entrée Only \$8.00
	Baked Chicken Mashed Potato Asparagus		Entrée & Dessert or Soup \$10.25
	Shepherd's Pie-No Corn Gravy Carrots		Entrée Dessert & Soup \$13.25
	Sweet & Sour Meatballs Rice Peas		Extra Dessert \$3.00
	Roast Pork Loin Scalloped Potatoes Turnip		Extra Soup \$3.00
	Hot Hamburger, Onions/Gravy Hash Browns California Mixed Vegetables-No Corn		
	Cheese Tortellini Broccoli		

QTY.	DESSERT
	Apple Brown Betty
	Butter Tart
	Date Squares
	Lemon Shortcake
	Triple Chocolate Fudge Brownie
	Diet Peach Mousse
	Sugar Free Berry Mix

QTY.	SOUP - 8oz.
	Beef Barley
	Chicken Noodle
	Chicken Rice
	Vegetable
	Cream of Potato Leek
	Cream of Mushroom
	Cream of Broccoli

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WEEK #3 Winter-Spring 2025

NAME: _____

DELIVERY DATE: _____

Quantity	Main Course	Salt
	Roast Turkey, Dressing, Gravy Mashed Potato Squash	
	Chicken Cordon Bleu Oven Roasted Potatoes Florentine Mixed Vegetables	
	Chicken Stir-Fry White Rice Oriental Vegetables-No Corn	
	Farmer's Sausage Baked Beans Broccoli	
	Veal Cutlet, Mushroom Gravy Mashed Potato Carrots	
	Penne & Meat Sauce California Mixed Vegetables	
	Cod Nuggets Home Fries Sunrise Mixed Vegetables	

Cost
Entrée Only \$8.00
Entrée & Dessert or Soup \$10.25
Entrée Dessert & Soup \$13.25
Extra Dessert \$3.00
Extra Soup \$3.00

QTY.	DESSERT
	Lemon Square
	Chocolate Cake
	Oatmeal Cookies
	Boston Cream Cake
	Strawberry Ice Cream Cup
	Diet Tangerine Mousse
	Diet Bread Pudding

QTY.	SOUP - 8oz.
	Beef Barley
	Chicken Noodle
	Chicken Rice
	Vegetable
	Cream of Potato Leek
	Cream of Mushroom
	Cream of Broccoli

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WEEK #4 Winter-Spring 2025

NAME: _____

DELIVERY DATE: _____

Quantity	Main Course
	Chicken Stew & Dumplings Winter Mix Vegetables-No Corn
	Lemon Chicken Hash Browns Cauliflower
	Baked Ham Scalloped Potatoes Corn
	BBQ Pork Ribbettes Oven Roast Potatoes Peas
	Salisbury Steak, Gravy Mashed Potato Carrots
	Spaghetti & Meat Balls Italian Mixed Vegetables-No Corn
	Beer Battered Haddock Potato Wedges Broccoli

Cost
Entrée Only \$8.00
Entrée & Dessert or Soup \$10.25
Entrée Dessert & Soup \$13.25
Extra Dessert \$3.00
Extra Soup \$3.00

QTY.	DESSERT
	Strawberry Shortcake
	French Cream Cake
	Vanilla Carmel Cake
	Black Forest Cake
	Triple Berry Crumble
	Diet Vanilla Pudding
	Diet Fruit Cocktail

QTY.	SOUP - 8oz.
	Beef Barley
	Chicken Noodle
	Chicken Rice
	Vegetable
	Cream of Potato Leek
	Cream of Mushroom
	Cream of Broccoli

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WEEK #5 Winter-Spring 2025

NAME: _____

DELIVERY DATE: _____

Quantity	Main Course	Cost
	Apple Braised Pork Chop Paprika Roast Potatoes Turnip	Entrée Only \$8.00
	Chicken Fingers Home Fries Broccoli	Entrée & Dessert or Soup \$10.25
	Swedish Meatballs Egg Noodles Carrots	Entrée Dessert & Soup \$13.25
	Cabbage Rolls Garden Mixed Vegetables-With Corn	Extra Dessert \$3.00
	Ginger Orange Chicken Breast Rice Asian Vegetables	Extra Soup \$3.00
	Vegetable Lasagna Italian Mixed Vegetables	
	Baked Sole Mashed Potato California Mixed Vegetables	

QTY.	DESSERT
	Carrot Cake
	Cinnamon Roll Bar
	Pecan Streusel
	Peanut Butter Cookies
	Chocolate Brownie
	Diet Peaches
	Sugar-Free Vanilla Ice Cream

QTY.	SOUP - 8oz.
	Beef Barley
	Chicken Noodle
	Chicken Rice
	Vegetable
	Cream of Potato Leek
	Cream of Mushroom
	Cream of Broccoli

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PUREED Winter-Spring 2025

NAME: _____

Quantity	Main Course
	Pureed Beef Potatoes Green Beans
	Pureed Salmon Pasta Peas
	Pureed Ham Scalloped Potatoes Waxed Beans
	Pureed Roast Pork Potatoes Carrots
	Pureed Roast Chicken Potatoes Peas
	Pureed Beef Stroganoff Herbed Potatoes Squash
	Pureed Roast Turkey Mashed Potatoes Squash

Cost
Entrée Only \$8.00
Entrée & Dessert or Soup \$10.25
Entrée Dessert & Soup \$13.25
Extra Dessert \$3.00
Extra Soup \$3.00

QTY.	DESSERT
	Vanilla Ice Cream
	Butterscotch Ice Cream
	Chocolate Ice Cream
	Rice Pudding
	Diet Strawberry Mousse
	Diet Peach Mousse
	Diet Banana Pudding

QTY.	SOUP - 8oz.
	Beef Barley
	Chicken Noodle
	Chicken Rice
	Vegetable
	Cream of Potato Leek
	Cream of Mushroom
	Cream of Broccoli

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