



RENFREW AND AREA SENIORS' HOME SUPPORT INC.

People Helping people at Home and In Our Community

Box 919, Unit 3 – 180 Plaunt St. S., Renfrew, Ontario K7V 4H3
Telephone 613-432-7691 ~ Fax 613-432-7436 ~ www.renfrewhomesupport.ca

Entrees - \$ 5.50

- 12005. ___ Macaroni Meat Casserole - NAS
- 12008. ___ Beef Stew - LF
- 12010. ___ Traditional Pot Roast – D, LF, NAS
- 12017. ___ Salisbury Steak – D, NAS
- 12046. ___ Chopped Swiss Steak – D, NAS
- 12062. ___ Meatloaf in Mushroom Gravy – D,LF,NAS
- 12087. ___ Liver and Onions
- 12108. ___ Shepherd's Pie
- 12109. ___ Veal Parmigiana
- 12130. ___ Beef Stroganoff
- 12001. ___ Chicken a la King - D, LF, NAS
- 12007. ___ Turkey with Stuffing – D, LF, NAS
- 12139. ___ Sweet n' Sour Chicken – D, LF, LS
- 12032. ___ Country Chicken – D, LF, NAS
- 12178. ___ Chicken Cacciatore – D, LF
- 12190. ___ Roast Chicken - NAS
- 12020. ___ Pork with Stuffing – D, NAS
- 12089. ___ BBQ Rib Style Pork Cutlet – D, NAS
- 12143. ___ Seasoned Pork Tenderloin – D, LS
- 12003. ___ Fish Florentine - D, LF, LS
- 12013. ___ Fish & Chips
- 12132. ___ Sliced Beef w/Gravy – D, LF, LS
- 12063. ___ Salmon/Lemon Sauce - D, LF, NAS
- 12021. ___ Vegetable Lasagna – D, NAS

Client Pick-Up? Y

OR

RASHS Driver? Y

Notes:

SUITABLE FOR: D – Diabetics
 LF – Low Fat
 LS – Low Sodium
 NAS – No Added Salt

of Entrees _____ x \$ 5.50 = \$ _____

Total Order = \$ _____

FOR OFFICE USE ONLY:

Order packed by: _____

Date: _____

Entered into inventory by: _____

Date: _____

Paid \$ _____ CHQ# _____ CASH Deposit Date: _____ G/L A/C# _____

MISSION STATEMENT

“...to preserve the independence of seniors and adults with disabilities by enabling these individuals to remain as active as possible in their own homes and communities.”