

Other support services provided by
Renfrew and Area Seniors' Home Support:

- TRANSPORTATION
- HOME MAINTANCE
- FRIENDLY VISITING/ TELEPHONE ASSURANCE
- INTERVENTION AND ASSISTANCE
- GROCERY DELIVERY



**WHO WILL BENEFIT FROM THE
FROZEN MEAL SERVICE**

- Those who require help with meals as they recover from illness or injury.
- Those who are unable to prepare nutritious meals for themselves due to frailty, disability, or inexperience.
- Those with special dietary needs – diabetic and low sodium.

**Donations gratefully accepted
for this service.**



Our Mission Statement

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

Supported by



Ontario

Champlain Local Health
Integration Network

Réseau local d'intégration
des services de santé
de Champlain

**Renfrew and Area Seniors'
Home Support**

www.renfrewhomesupport.ca

info@renfrewhomesupport.ca



**TimeSaver Foods
Frozen Meal
Program**



*Serving Seniors
55+ and
Adults with
Disabilities*

**Monday to Friday
8:30 - 12:00
1:00 - 3:00**

**214 Raglan St. S.,
Renfrew, Ontario
K7V 4H3**

Chicken Dishes

Chicken Creole

Fresh tender chicken breast stewed in chili spiced tomato sauce, carrot, celery, onions and green peppers. Served with rice pilaf.

Butter Chicken

Fresh tender chicken breast stewed with sweet potato, paprika, pepper, garlic, ginger, zucchini, mushrooms and onions, cinnamon and cilantro.

Pineapple Chicken

Tender chicken breast marinated in our very own pineapple sauce. Served with diced pineapple, green peppers, onions and rice.

Chicken Pot Pie

Fresh chicken breast, onions, celery, and carrots stewed with diced potato in chicken gravy, topped off with a home baked pie crust.

Chicken Stew

Fresh chicken breast, onions, basil, and oregano, stewed with diced potato, celery, mushrooms and carrots.

Lemon Dill Chicken

Fresh diced chicken breast, garlic, onions, basil, oregano, dill, and lemon juice, stewed with diced tomatoes, celery, mushrooms, carrots and rice.

Harvest Chicken

Chicken breast with fresh zucchini, mushrooms, onions and rice pilaf. Served in a tomato cream sauce.

BAR-B-Q Chicken

Slow roasted chicken with BBQ sauce, onions, celery, mushrooms, and carrots. Served with rice pilaf.

Mushroom Chicken

Grilled Bar-B-Q chicken, juicy steamed mushrooms, tomato sauce, zucchini, onions, and carrots. Served with rice pilaf.

Souvlaki Chicken

Lemon garlic herb marinated chicken breast. Served on a bed of rice with green pepper, onion and tomato.

Beef Dishes

Beef Stew

Tender cubes of steak seared and then simmered in our tasty gravy with potato, carrots, celery, onions and herbs.

Liver and onions

Roasted baby beef liver with fried onions and gravy served with mashed potatoes, turnips, carrots and green peas.

Honey Garlic Meatballs

Meatballs tossed in a honey-garlic glaze, mixed with zucchini, mushrooms and onions. Served with rice.

Roast Beef Dinner

Tender slow cooked roast beef smothered in our own delicious gravy. Served with green beans and mashed potatoes.

Shepherds Pie

Seasoned ground beef with a layer of creamed corn and corn niblets, topped with our own mashed potatoes.

Meatloaf

Homemade and baked to perfection served with carrots and mashed potato.

Hearty Chili

Savory ground beef stewed in diced tomato sauce with kidney beans and select herbs and spices.

Cabbage Rolls

Beef with rice wrapped in cabbage leaves stewed in tomato sauce with zucchini, mushrooms and carrots with rice.

Steak and Mushroom Pie

Slow cooked steak, onions, celery and carrots stewed with diced potato in gravy topped with baked pie crust.

Swiss Steak

Onion, turnips, carrots, tomatoes and peppers fried with our own marinated steak in red wine gravy. Served with roast potatoes.

Pork Dishes

Maple Ham

Maple glazed ham and pineapple served with scalloped potatoes and carrots.

Pork Tenderloin

Medallions of pork with onions, carrots and celery in au jus, with potatoes.

Pulled Pork

Slow roasted and pulled pork with BBQ sauce, diced tomatoes, onions, zucchini, carrots and mushrooms. Served with rice pilaf.

Pasta Dishes

Bowtie Pesto Chicken

Bowtie shaped Pasta tossed with chicken breast, parmesan cheese, and a tomato pesto sauce.

Swedish Meatballs

Egg noodles and savory meatballs tossed in our home made gravy with green peppers and onions.

Beef Stroganoff

Tender steak simmered in beef broth with fresh mushrooms, onions, and zucchini. Served with broad egg noodles.

Lasagna

Rich meat sauce layered with broad noodles, parmesan, mozzarella, and cheddar cheese.

Italian Casserole

Homemade meat sauce baked with macaroni noodles topped with a blend of cheeses.

Spaghetti

Rich meat sauce served on a bed of spaghetti noodles and parmesan cheese.

Featured Dishes

**Turkey Dinner, Dill Haddock
Salmon Fusion, Mac n cheese,
Breakfast**

Soups

**Beef Barley, Chicken Noodle,
Vegetable, Minestrone Soup**