

How Can You Enjoy Frozen Favourites?

The Frozen Favourites program provides frozen meals to people in their own homes. This program is designed to compliment hot Meals on Wheels programs offered in the area.

Meals are available for pick up at the VON office Monday-Friday. Please call ahead to arrange pickup. Delivery is available in certain areas of Lunenburg County.

Call VON for further details.

Frozen Favourites

Sample Menu Items:

- **Shepherd's Pie** Seasoned ground beef with mashed potatoes, green beans, peas and carrots.
- **Breaded Chicken** Breaded chicken breast with mushroom bacon flavours on a bed of rice with carrots and green beans.
- **Home Style Meatloaf** Delicious beef meatloaf, complemented with mashed potatoes and cut green beans.
- **Salmon in Lemon Sauce** Rice, peas and carrots are served with this wonderful salmon dish.
- **Pot Roast** Flavourful and tender beef with potatoes, carrots and beets.

For complete menu selection or for further details contact the VON office at 624-0318. Items vary depending on VON location and availability.



Call for further details and complete menu selection. Items vary depending on availability.

Nutrition:

Our frozen meals are designed by a Dietitian to be nutritionally balanced and delicious.

High quality ingredients and traditional recipes make these meals as natural and flavourful as possible.

A meal program that provides nutritionally balanced meals for:

- Persons with disabilities
- Persons recovering from hospitalization and/or surgery
- Persons with special dietary needs



Meals are available to anyone of any age who wishes to purchase them.

Cost: \$5 per meal, no tax added.

Payment options: cash, cheque or visa.

Frozen Favourites

A home delivery frozen meal program

**For more information contact:
VON Lunenburg County
1924 Northwest Rd.
Blockhouse, NS
Tel: 624-0318
Fax: 624-0319**

Funded in part by
Lunenburg County Community Health Board
& United Way of Lunenburg County



CANADA

Health Starts at Home

Frozen Favourites

A home delivery frozen meal program



CANADA

VON Lunenburg County

624-0318

www.von.ca

VON LUNENBURG COUNTY
FROZEN FAVORITES ORDER FORM

Date of order: _____ For delivery on: _____

Name: _____ Phone: _____

Address: _____

ENTRÉE SELECTIONS

Please indicate how many meals of the selected item you would like to order.

_____ **Fish Florentine** - *A mild white fish with cheddar cheese sauce with whole dill potatoes, spinach and carrots*

_____ **Turkey with Stuffing** - *Sliced turkey with apple bread stuffing, peas and mashed potatoes*

_____ **Salmon in Lemon Sauce** - *Rice and vegetables are serviced with this wonderful salmon dish*

_____ **Pot Roast** - *Flavorful and tender beef with potatoes, carrots and beets*

_____ **Sweet & Sour Chicken** - *Chicken strips braised in a sweet & sour sauce served with rice & glazed vegetables*

_____ **Breaded Chicken** - *Breaded chicken breast with mushroom bacon flavors on a bed of rice with carrots and green beans*

_____ **Beef Stew** - *Traditional beef stew served with broccoli and mashed potatoes*

_____ **Shepherd's Pie** - *Seasoned ground beef with mashed potatoes, green beans, peas and carrots*

_____ **Beef Stroganoff** - *Tender pieces of beef in a rich sauce on a bed of noodles with green beans and cauliflower*

_____ **Home Style Meatloaf** - *Delicious beef meal that is complemented with vegetables on the side*

_____ **Macaroni Meat & Cheese** - *Pasta with meat and cheese with a side of veggies*

_____ **Swiss Steak** - *cooked with potatoes and squash*

_____ **Chicken Pot Pie** - *this meal can now be cooked in a microwave*

_____ **Baked Ham** - *with mashed potatoes and carrots. This meal can be cooked in a microwave*

\$5.00 each

To order: Please phone/fax VON Lunenburg County:
624-0318 624-0319 (fax)