

**Meals on Wheels is a volunteer based program that delivers nutritious meals to individuals who are unable to prepare meals for themselves.**

**Office Hours:**

Monday - Thursday 8:30am - 4:00pm  
Friday 8:30am - 3:00pm

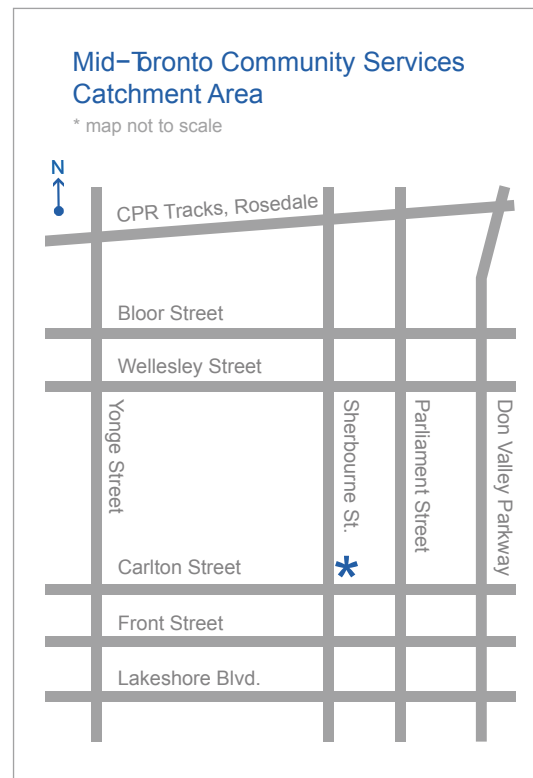


**How do I get Started?  
Contact Information**

Call the Intake Department and the Intake Coordinator will guide you through the intake process.

The Intake Coordinator will conduct an in-home assessment and provide additional information and answer questions.

Contact the Intake Coordinator at:  
416-962-9449 ext. 222  
intake@midtoronto.com



**Meals on Wheels Program**  
Meals delivered to you at home



## Eligibility

Meals on Wheels is available to adults 18+ who are unable to obtain or prepare their own meals due to one or more of the following:

- chronic or terminal illness
- recovering from illness/surgery (temporarily)
- physical disability
- cognitive disability
- suffer from mental health problems

## Referrals

Referrals are accepted from family, friends, doctors, community care access centres, health care professionals and social workers. Self referrals are also permitted.

## Operating Hours

Meals on Wheels are delivered by friendly and reliable volunteers. Clients may choose which days are most appropriate for delivery between 11:30am and 1:30pm, 7 days a week.

If the client is not home we will follow up on their whereabouts to ensure their safety.

## Program Details

Regular Hot Meals \$4.75

Chinese Meals \$5.50

Frozen Meals *see below for pricing*

Fruit & Vegetable Baskets \$13.00-34.00

A Cold Lunch \$1.65

includes a sandwich and a juice

A Snack Pack \$1.50

includes cheese or peanut butter, crackers & fruit or juice

A litre carton of 2% milk \$1.25

(once a week)

*Subsidies are available based on financial assessment. Fees are subject to change.*

### Field to Table

Fresh fruit and vegetable baskets are available every other Thursday. The "Reach for Five" basket contains 30 servings of fruits and vegetables, which are already washed and cut.

### Frozen Meals

Frozen meals are delivered in packages:

Option 1 7 entrees \$28.15

Option 2 5 entrees and 5 soups or desserts \$27.60

(see insert for sample menus)

## Regular Hot Meals

Each meal consists of an entrée (meat, fish, casserole, etc.), vegetables, potatoes or rice, dinner roll and butter, salad (in the summer) or soup (in the winter) and a dessert.

Many special diet types are available including vegetarian, diabetic, no added salt, renal, minced, pureed, low fat, high calorie and more.

Every meal provides 40% of the daily required nutritional intake for seniors (65+).

## Supplementary Meals

For clients under the age of 65, we recommend a cold lunch or a snack pack to supplement the hot meal. This combination is equal to 40% of the daily required nutritional intake for adults (18+).

## Cultural Meal Programs

Chinese meals are available for delivery 7 days a week. Intake assistance can be provided through Chinese Seniors Support Services Association at 416-502-2323.

Regular, minced, diabetic or pureed diets can be accommodated with our cultural meals.

## Beef

### Shepherd's Pie

Seasoned ground beef, topped with mashed potatoes, served with green beans, peas and carrots

### Beef Stew

Traditional beef stew, served with broccoli and mashed potatoes

### Breaded Veal Cutlet

Breaded veal cutlet stuffed with mozzarella cheese, served with noodles and summer vegetables in a tomatoes sauce

### Traditional Pot Roast

Flavourful and tender beef with potatoes, carrots and beans

### Beef Stroganoff

Tender pieces of beef in a rich sauce, served on noodles, with green beans and beets

### Salisbury Steak

Beef patty in red wine gravy with home fries, broccoli, carrots and cauliflower

### Macaroni Meat and Cheese

#### Casserole

Ground beef/tomato mixture with macaroni and cheese topping, with broccoli and mixed vegetables

### Chopped Swiss Steak

Flavourful, tender beef pieces simmered in a tomato/vegetable medley, with mashed potatoes and squash

## Pork

### Pork with Stuffing

Roast pork with dried fruit stuffing served with mashed potatoes and carrots

### Apple Braised Pork

Tender strips of pork cooked in apple juice with sweet potatoes, green beans and cauliflower

### Ham in Maple Flavoured Sauce

Baked ham served with cheddar mashed potatoes and maple-glazed carrots and parsnips

### Hawaiian Pork

Tender pieces of pork with pineapple, peppers, snow peas, water chestnuts and zucchini, served with rice and broccoli

## Fish

### Fish and Chips

Batter fried haddock and French fries with mixed vegetables

### Fish Florentine

A mild white fish (turbit) with cheddar cheese sauce, served with whole dill potatoes, spinach and carrots

### Lemon Herb Fish

Pollock fish fillets, coated with herb crumb topping, served with home fries and corn

### Salmon Fillet

Fillet of salmon served on top of a bed of rice, covered in a creamy lemon sauce, accompanied by broccoli, carrots and cauliflower

### Breaded Chicken Breasts

Breaded chicken breast with mushroom bacon flavours on a bed of rice with carrots and beans

### Chicken Pot Pie

Tender chunks of chicken in a creamy sauce, rich with vegetables topped with flaky pie crust

## Cheese

### Vegetable Lasagna

Pasta layered with spinach, zucchini, tomato and 3 cheeses with a medley of vegetables

## Soups

Beef Barley

Cream of Carrot

Cauliflower Cheddar

Country Vegetable

Chicken Noodle

Minestrone

Leek and Potato

Cream of Broccoli

Chicken Vegetable

Harvest Vegetable

Tomato Cream

Squash Soup

Vegetable Beef

## Desserts

Butter Tart

Oatmeal Date Square

Carrot Cake

Cherry Cheesecake

Pecan Streusel Cake

Triple Berry Crumble

Strawberry Shortcake

Chocolate Fudge Cake

Vanilla Pudding

Chocolate Pudding

Apple Crisp

Peach Cobbler

Rice Pudding

Cherry Cobbler

Blueberry Crisp

Fruit Cocktail

Strawberry Rhubarb Crisp

Black Forrest Mousse

◆ not suitable for Salt Free Diets

♥ not suitable for Diabetic Diets