

Hot meals are made fresh daily at our supplier's restaurant, Cookie's Grill. Adjustments can be made for most dietary needs such as allergies, low salt, low sugar, etc. If you have specific needs we can discuss how we can make changes to suit your dietary needs.

Note: The only item that has sodium content that we cannot control is the gravy. Please let us know if you do not wish to have gravy in your meal.

Thank you for choosing to be a part of this program.
Bon appétit!

Cost

Meals \$8.00

Includes: Entree, cup of soup and small dessert

Extra Soup \$3.50

Extra Protein \$2.50

How to Register

This program is only open to registered clients of the program.

If you are interested in more information or would like to register please call 604-793-7242 or email ccsinfo@comserv.bc.ca



**Chilliwack
Community
Services**

SHARE • GROW • BELONG

604.792.4267

fax: 604.792.6575

e-mail: ccsinfo@comserv.bc.ca

website: www.comserv.bc.ca



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Meals on Wheels

604.793.7242

Time of Delivery

Meals are delivered between
11:00 AM—1:00 PM
Monday to Thursday
(excluding stat holidays)

All meals are delivered hot to your door and should be eaten upon arrival.

All hot meal orders need to be 2 business days in advance.

Frozen meals are delivered only on Mondays and the order needs to be placed one week in advance.

Cancellations need to be made 2 business days in advance

Meals are picked up and delivered by dedicated volunteers who are eager to help provide this service

Undeliverable Meals

If for any reason you are not going to be home please call to cancel your meals 604.793.7242.

If no arrangements are made the meal will be donated to someone in need.

Unfortunately you will be billed for the undelivered meal.



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Re-heating Instructions

Peel back lid to vent or slit film in each compartment

Microwave:

Frozen meals– On high 3-5 minutes

Hot meals- On high 2-3 minutes

Conventional Oven:

Frozen meals-
Preheat oven at 350 degrees
Place meals on cookie sheet
Heat in oven for 30 minutes max.

Hot meals-
Preheat oven to 350 degrees
Place meal on a cookie sheet
Heat in oven for 10 minutes max.

DO NOT use toaster oven to reheat under any circumstances

Freeze frozen meals immediately

Consume hot meals immediately