



**CommunityCare**  
NORTHUMBERLAND

## MEALS ON WHEELS PROGRAM

**Cobourg Office – 905-372-7356**

### HOT MEALS

Hot meals are prepared by the staff at Extendicare in Cobourg. The delivery days are Monday, Wednesday and Friday of every week. You may have meals delivered to you on any or all of the days offered. **The cost of each meal is \$9.50. With every meal you will receive:**

- **soup (6oz) with crackers**
- **meat (3oz) or casserole (6oz)**
- **starch (4oz potato or pasta)**
- **vegetables (4oz)**
- **bread or dinner roll with butter**
- **dessert**

We do not cater to a specific menu, but clients can request a specific diet i.e. diabetic, low salt, no pork, etc. Volunteers will pick up the meals between 10:45 am and 11:00 a.m. every delivery day and bring the meal to your home (Between 11:00am- 12:15pm). There is no charge for delivery.

**Cancellations can be made up until 9:30am on delivery days.**

### FROZEN MEALS

The Frozen Meals On Wheels Program is a great way to make sure you have a nutritional meal handy, ready to prepare at your convenience. Meals are supplied by Apetito. You may order any combination of main dishes, soups or desserts. Special diet and pureed meals can also be purchased. Orders are placed by our office on the first and third Wednesday of each month, with the delivery of the meals on the following Tuesday. **A minimum order of 7 entrees is required.**

**The cost of the frozen meals is as follows:**

- **Main entrée \$7.00**
- **Soup \$3.00**
- **Dessert \$3.00**
- **Breakfast Snack \$3.00**

You will be invoiced every month for the meals purchased. Visa and Mastercard are accepted. Cheques can be made out to Community Care Northumberland and sent into our office. Call the Community Care Northumberland Office to order 905-372-7356.