

## How do I order a Convenience Meal?

Orders may be placed by completing an order form and mailing, faxing or e-mailing the order information to REACH so it is received by the Friday prior to the scheduled delivery.

**Regina Food Security Project  
REACH  
Box 4482  
Regina, SK S4P 3W7  
Fax: 347-0943  
E-mail: Use online order form**

Customers who receive pre-approval from REACH may also phone **347-3224** to order. Advanced payment can be mailed with your order or given to the delivery person when your order is delivered.

## How do I get my order?

Orders are delivered on Wednesdays and Thursdays. Please note that there is a minimum delivery requirement for free delivery.

Orders may be picked up Wednesdays, 1 PM to 3:30 PM, or Thursdays, 9 to 11:30 AM, at our food distribution plant at 1308 Winnipeg Street.

*Note: Regina Qu'Appelle Health Region Home Care client orders are placed by Home Care staff and are on a different delivery schedule than the general public. For RQHR Home Care info, phone 766-7300.*

## Why choose Convenience Meals?

**Convenient** - Delivered right to your door. Always ready to pull out of the freezer and heat n' eat.

**Nutritious** - Specially formulated to meet the dietary needs of seniors and promote good health for healthcare clients.

**Delicious** - High-quality ingredients, using traditional recipes you know and love.

**Affordable** - A full, healthy meal for a reasonable price.

**Variety** - A great selection of meals, and other foods, to choose from.

**Independence** - Spend more time with your family, friends and doing the things you love. You decide when to eat.

**Safety** - Safe food, with no worry of it being spoiled or outdated. Lower the risks of kitchen-related accidents.



Visit us on the web at:  
[www.reachinregina.ca](http://www.reachinregina.ca)

For more information contact:

 **Regina Food Security Project**

Regina Education & Action on Child Hunger (REACH)  
Box 4482, Regina, Saskatchewan, Canada S4P 3W7

Office: (306) 347-3224 Food Plant: (306) 347-2390  
Fax: (306) 347-0943 E-mail: reach.office@sasktel.net

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## What is the Convenience Meal Program?

The Convenience Meal Program is a service offered through a collaboration of the Regina Food Security Project and the Regina Qu'Appelle Health Region.

Home-style frozen meals, and other nutritious foods are delivered right to the purchaser's door. Convenience Meals are purchased by seniors, healthcare clients discharged from the hospital who may have special dietary needs, clients of Regina Qu'Appelle Health Region Home Care and others.

Convenience meals are specially formulated, nutritionally balanced meals. A variety of delicious entrees and soups are available, all prepared using the traditional recipes you know and love.

These delicious, home-style meals may be heated in the microwave or in your oven. Since they are frozen, they may be kept in your freezer for months and eaten at your "convenience."

## What if I have special needs?

Many of our frozen meals meet the requirements for low sodium, low fat, gluten-free, lactose-free or modified fibre diets. *All* of the frozen meals are suitable for a diabetic diet. Please inquire as to which of our meals fits your special diet.

# Convenience Meals



A service of  
 **Regina Food Security Project**  
In collaboration with  
 **Regina Qu'Appelle  
HEALTH REGION**  
"working together for a healthy community"

# MENU

## Beef

### Traditional Pot Roast

Flavourful and tender roast beef, served with parslid potatoes, carrots and beans.

### Shepherd's Pie

Lightly seasoned ground beef topped with mashed potatoes, served with green beans, peas and carrots.

### Macaroni, Meat & Cheese Casserole

Ground beef, tomato and macaroni covered in a tasty cheese topping, served with broccoli and mixed vegetables.

### Meatloaf in Mushroom Gravy

Homestyle meatloaf in a mushroom wine sauce, served with mashed potatoes and green and yellow beans.

### Chopped Swiss Steak

Flavourful pieces of tender beef simmered in a delicious tomato-vegetable medley, served with mashed potatoes and squash.

### Traditional Beef Stew

Hearty beef stew, served with creamy mashed potatoes and broccoli.

### Beef Stroganoff

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

## Spaghetti & Meatballs

Spaghetti pasta & flavourful beef meatballs covered in a rich tomato sauce, served with carrots, parsnips and peas.

## Pork

### Roast Pork with Stuffing

Oven roasted pork with dried fruit stuffing, served with creamy mashed potatoes and carrots.

### Apple Braised Pork

Tender strips of succulent pork cooked in apple juice, served with sweet potatoes, green beans and creamy mashed potatoes.

### Ham in Maple Flavoured Sauce

Baked ham, served with cheddar mashed potatoes, mapleglazed carrots & parsnips.

### Sausages & Waffles

Home-style waffles & strawberry sauce, served with pork sausage and apple sauce.

### Pork Chow Mein

Tender strips of pork tossed with egg noodles and vegetables, served with steamed rice and mixed vegetables.

## Poultry

### Breaded Chicken Breast

Breaded breast of chicken with hints of mushroom and bacon on a bed of rice, served with carrots and yellow beans.

### Chicken Pot Pie (\*oven reheat only)

Traditional pot pie stuffed with tender chicken, carrots, peas & mushrooms.

## Chicken a la King

Tender pieces of boneless chicken breast in a light cream sauce, served with creamy mashed potatoes and sliced carrots.

### Sweet and Sour Chicken

Chicken strips braised in a sweet and sour sauce with pineapple chunks on a bed of rice, served with glazed mixed vegetables.

### Turkey Casserole

Creamy mixture of turkey, corn & noodles, topped with cornbread crumbs, served with carrots, peas and pearl onions.

### Turkey with Stuffing

Sliced turkey with apple bread stuffing, served with mashed potatoes & peas.

### Country Chicken

Boneless chicken simmered in a mild and creamy wine sauce, served with stuffing, mashed potato & carrots.

### Chicken Souvlaki

Tender pieces of chicken breast in a delightful greek-style sauce, served with rice, potatoes and squash.

## Fish

### Salmon Fillet in Lemon Sauce

Salmon covered in a light and creamy lemon sauce, served with rice and assorted vegetables.

### Traditional Fish & Chips

Batter-fried white fish and french fries, served with mixed vegetables

## Meatless

### Vegetable Lasagna

Layered tender noodles, a blend of three cheeses and spinach, zucchini & tomato, served with a medley of vegetables.

### Macaroni & Cheese

Delicious 3 cheese blend and macaroni noodles, served with stewed tomatoes and mixed vegetables.

## Special Diet

Ask about frozen meals suitable for gluten-free, lactose-free and renal diets.

## Soup

Choose from 6 hearty and delicious frozen and ready to serve soups, including:

**Beef Barley**

**Chicken Noodle**

**Country Vegetable**

**Cream of Potato**

**Italian Wedding**

**Cream of Mushroom**

## Dairy & Bakery

Freshly baked bread by the loaf, 1% and 2% milk, yogurt and more. Inquire!

## Fresh Fruit & Veggies

Small bags of farm fresh and delicious lettuce, tomatoes, potatoes, bananas, oranges, apples and more. Inquire.

# 347-3224

All menu items subject to change without notice.