

Instructions for re-heating your frozen entrée

Oven – Preheat oven at 350° F . Remove lid, cover with foil. Heat for 50-60 minutes.

Microwave – Remove lid, cover with plastic wrap. Place meal on plate in middle of microwave Heat for 10 minutes, remove Carefully & stir. Heat for another 10 minutes.

RVH Meals TO GO Offer:

Nutrition	Customer Satisfaction
Quality	Consistency
Variety	Special Diet Products

Request Form

Client Name:

Phone:

Pickup date:

- Do you require a special diet?
Yes () No () If yes, please specify:
- Do you require a special texture for your meat?
Yes () No () If Yes, please specify:

Chopped () Minced () Pureed ()
- Do you have any food allergies?
Yes () No () If yes, please specify:

Meal Description	QTY
Meat loaf, gravy, mashed potato, carrots	
Shepherd's pie, gravy, squash	
Boneless Chicken Breast, gravy, Mashed Potato, green beans	
Vegetarian lasagna with two cheeses,	
Macaroni & cheese, stewed tomatoes, green beans	
Roast beef, gravy, mashed potatoes, green beans	
Roast turkey, gravy, dressing, mashed potato, peas	
Roast chicken, gravy, boiled potato, broccoli	
Roast pork, gravy, mashed potato, peas	
Baked ham, scalloped potato, corn	
Rotini & meat sauce, Italian mixed vegetables	
Lemon fish, rice pilaf, carrots	
Liver & onions, mashed potato, peas	
Breaded Sole, Parsley Boiled Potato, Broccoli	
Turkey Stew with herbed tea biscuit	
Turkey Sausage, gravy, mashed potato, peas	
Total meals this order:	
Frozen Soups	QTY
• Tomato Soup, Mushroom Soup	
• Chicken Rice Soup, Vegetable Soup	
Frozen Cakes/Squares	QTY
• Carrot Cake, Brownie	
• Date Square, Banana Cake	
New! Beverages	QTY
Ensure Plus 6 Pack Chocolate/Vanilla/Strawberry	



RVH MEALS TO GO

For further information please contact:

Patient Food Services
 Royal Victoria Regional Health Centre
 201 Georgian Drive
 Barrie, Ontario, L4M 6M2
mealstogo@rvh.on.ca
 Ph: (705) 728 – 9090 Ext. 44428
 Fax: (705) 739-5673



What is RVH MEALS TO GO?

RVH Meals to go is a community service that provides a variety of nourishing home made meals, soups and desserts that are frozen and ready to heat up and serve. With over 16 different entrees to choose from, you are sure to find some favorites.

Meals are planned, prepared, packaged and frozen by the Royal Victoria Regional Health Centre Patient Food Services Staff. Any number of meals, soups & desserts can be ordered for pick up at RVH.

Why RVH MEALS TO GO?

Everybody requires a properly balanced diet. This service is for anyone who may find it useful to have a delicious frozen meal on hand in the freezer. These meals are available to individuals:

- Residing outside the Barrie City limits
- Unable to prepare their own meals, temporarily / permanently
- Unable to prepare their own meals, temporarily/permanently
- Discharged from Hospital but would find meal preparation difficult
- Requiring texture modified or therapeutic foods

Special Needs

No problem!! Royal Victoria Regional Health Centre takes special care to prepare meals that accommodate special dietary requirements, such as allergies and texture modifications. A special selection of entrees is available for pureed texture diets and for renal diets, where restrictions have been made to the levels of Potassium, Sodium and Protein. Please do not hesitate to contact us to help us accommodate your special dietary requirements.

Nutritional Consideration

Frozen entrees are constructed based on Canada's Food Guide for healthy eating, they are also suitable for healthy heart and diabetic meal plans. No additional salt is added to the meals and leaner cuts of meats are always used to ensure healthier choices.

Individual meal nutritional breakdown is available on each meal.

Benefits to the client

RVH Meals to Go promotes health and supports independence by preparing nutritional, affordable meals that anyone can benefit from.

- More variety at meal time
- Extra meals on hand for whenever needed
- Choices available for special diets
- Luxury of choosing favourite meals as often as desired
- Overall better nutrition
- Heart Health and Diabetic Diet Compliant
- Heated in traditional oven or microwave oven

How to order

To order , please call the Royal Victoria Hospital Regional Health Centre at (705) 728-9090 ex 44428 or email us at mealstogo@rvh.on.ca. All clients will be provided an order form to ensure meals are appropriately prepared according to special needs.

We ask for 24 hours notice for orders and that you plan to bring a cooler for picking up the frozen meals.

Cost \$4.40/meal, Soups/Desserts \$1.25

Ensure Plus 6pack \$6.50