



Meals on Wheels / La Popote roulante Ottawa

# Behind The Wheel

MORE THAN JUST A MEAL!

Issue #105

December 2020

## Frozen Menu Changes

Apetito has made their annual menu changes and introduced eight new entrees. To make room for this change, they discontinued seven entrees and one soup.

### New items:

- 12177—Sweet Curry Chicken
- 12180—Chicken Rose Pasta
- 12179—Chicken and Chorizo Jambalaya
- 12181—Sweet and Sour Pork
- 12184—Sliced Beef with Creamy Peppercorn Sauce
- 12178—Oriental Beef
- 12183—BBQ Beef Patty
- 12182—Mexican Rice and Bean Casserole

### Discontinued items:

- 12163—Chicken Curry
- 12165—Creamy Ranch Chicken
- 12159—Chicken Florentine Penne
- 12073—Tortiere Meat Pie
- 12157—Steak and Potato Stew
- 12153—Broccoli, Mushroom, and Rice Casserole
- 93352—Tomato Lentil Soup

As per usual, we have sent new menus to clients who have received orders in the past few weeks. If you did not receive a new menu or would like to request that another one be sent to you, please reach out to us by phone (613-233-2424) or by email ([service@mealsonwheels-ottawa.org](mailto:service@mealsonwheels-ottawa.org)).



## Frozen Meal Consultations

A lot of clients have switched their meal deliveries to frozen meals throughout the course of the pandemic and we understand that the list of available items for frozen meals can be a little overwhelming. We are happy to introduce a new service for our clients: Frozen Meal Consultations!

Clients are able to book an appointment with our Project Coordinator, Kate Uffen, to go over the menu and ask any questions they might have. Whether you're not sure where to start, looking for recommendations of popular items, or need to know more about the meals due to dietary restrictions, a Frozen



Meal Consultation is a resource available to you.

Appointments are 15-30 minutes in length and are booked based on availability.

To request an appointment, please contact Kate at 613-233-2424 or [service@mealsonwheels-ottawa.org](mailto:service@mealsonwheels-ottawa.org).

### **IMPORTANT DATES**

**December 24:** Christmas Eve  
- Meals as usual

**December 25:** Christmas Day  
- No regular deliveries  
- Deliveries upon request

**December 26:** Boxing Day  
- No meals

**December 28:** Boxing Day (obs.)  
- No meals

**December 31:** New Year's Eve  
- Meals as usual

**January 1:** New Year's Day  
- No meals

**February 15:** Family Day  
- Meals as usual



## Christmas Meal

While our regular meal program is closed for the Christmas holiday, we are pleased to announce that arrangements are being made to deliver a special meal on December 25th. Due to the ongoing COVID-19 pandemic, deliveries will be a bit different this year. In lieu of a hot meal, a frozen turkey dinner with all the trimmings will be delivered free of charge. We also will be continuing to practice physical distancing for our deliveries for the health and safety of clients and volunteers.

If you will be alone that day, are not expecting anyone to bring you a meal, or cannot manage to go through the Christmas period without a delivered meal, please order one by calling the office at 613-233-2424 or emailing [service@mealsonwheels-ottawa.org](mailto:service@mealsonwheels-ottawa.org)

## Winter Meal Deliveries

During the winter season, our dedicated team of volunteers make every effort to ensure that our services are uninterrupted; however, in some cases of inclement weather, we may not always be able to reach everyone. Please have non-perishable items on hand in case of emergencies.

Suggested items are:

- Canned goods (fish, fruits, vegetables, soups)
- Snacks such as granola bars, peanut butter, and crackers
- Drinking water
- Dried fruits and nuts
- Dry cereals

Please be sure to keep your walkway and steps cleared to keep our volunteers safe. If you are having difficulty keeping up with snow removal, you may be interested in

## Winter Wordsearch

- BOOTS
- COLD
- GINGERBREAD
- HOLIDAYS
- HOT CHOCOLATE
- ICICLE
- SKATING
- SKIING
- SNOWMAN
- TUQUE
- WHITE
- WINTER

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contacting the **Snow Go Program**. This program is coordinated by the City of Ottawa community support service organizations and helps connect seniors and adults with disabilities with independent contractors to assist with snow and ice removal.

Seniors with lower income or disabilities may qualify for a rate reduction through **Snow Go Assist**. For more information about either program or to find a provider in your neighbourhood, please call 3-1-1 or visit <https://ottawa.ca/en/family-and-social-services/older-adults/help-around-home>.



## Frozen Meal Schedule

Please note that there are changes to the frozen meal ordering and delivery schedule in December due to the holidays.

### Tuesday Deliveries (West-end)

There will be no frozen meal delivery on Tuesday, December 29th. Clients should consider ordering extra meals for delivery on Tuesday, December 22nd. Please order by 10 am on Tuesday, December 15th as usual. For the delivery on Tuesday, January 5th we will need to receive your order early. Please order by 10 am on Thursday, December 24th.

### Friday Deliveries (East-end)

There will be no frozen meal delivery on Friday, January 1st. Clients should consider ordering extra meals for delivery on Thursday, December 24th (scheduled for the Thursday due to the Christmas holiday). Please order by 10 am on Friday, December 18th as usual. For the delivery on Friday, January 8 we will need to receive your order early. Please order by 10 am on Thursday, December 31st.