

Why Chef's Pack?

- **Convenience:** No driving, no shopping, no cooking.
- **Freedom:** Order when you want; eat when you want.
- **Variety:** Order a minimum of three meals.
- **Healthy Meals:** Well-balanced meals are high in nutritional value.



Great Taste, Great Variety!

The only thing better than the great taste is the great variety! You can choose from 14 different entrees and 2 soups!

Each meal is:

- **Low Sodium** — On average less than 30% of calories are from fat and suitable for diabetics.
- **Low Cost** — \$5.25 per frozen meal and \$1.00 per soup.

Visit our website at

www.mealsonwheelspa.org



of Northampton County, Inc.



Tasty, Nutritious Frozen Meals
For those periods of time, such as recuperating from surgery, when you are unable to cook for yourself



"What's for Dinner?"

Unable to Cook?

Chef Packs are great for times when you are recuperating from surgery or cannot receive a home-cooked meal.

Our delicious home-style meals are prepared by our chef in our commercial kitchen at Meals on Wheels of Northampton County.

Meals are frozen individual portions. They can be heated right away in a microwave or a regular oven, or stored in your refrigerator or freezer.

Meals last six months in the freezer and three days in the refrigerator once thawed.

What Could Be Easier?

Chef Pack meals are prepared with taste and good nutrition in mind. Excellent ingredients are used to create balanced meals in proper proportions. Delicious and healthy!

Available in Northampton County only for possible delivery. Please call to make arrangements for pick-up.

Select from these delicious entrees:

Please indicate quantity below:

- _____ Baked Crab Cakes, Red Beets & Oven Roasted Potatoes
- _____ BBQ Chicken, Au Gratin Potatoes & Peas
- _____ Chicken Marsala, Wild Rice, & Carrots
- _____ Turkey Breast, Stuffing & Gravy, Whipped Potatoes & Peas
- _____ Breaded Haddock, Macaroni & Cheese & Green Beans
- _____ Cheese Omelet, Sausage Links & Hash Brown Potatoes
- _____ Roast Beef w/Mushroom Gravy, Peas & Mashed Potatoes
- _____ Salisbury Steak w/Gravy, Carrots & Diced Potatoes
- _____ Veal Parmigiana w/Tomato Sauce, Green Beans & Corn
- _____ Stuffed Pepper, Corn & Mashed Potatoes
- _____ Meatloaf with Gravy, Mashed Potatoes & Broccoli
- _____ Pork & Sauerkraut w/Mashed Potatoes & Apples
- _____ Stuffed Shells w/Tomato Sauce, Broccoli & Carrots
- _____ Macaroni & Cheese, Stewed Tomatoes & Baked Apples
- _____ Chicken Noodle Soup — \$1.00
- _____ Beef Vegetable Soup — \$1.00

CHEF PACK ORDER FORM

Please complete and return this order form along with your check, money order or credit card information. The cost per meal is \$4.75 Soup is \$1.00. (The minimum order is 6 for a total of \$28.50)

NAME: _____

ADDRESS: _____

PHONE: _____

_____ /or someone will pick up my Chef Pack order .

(If you are unable to pick up your order, please call (610) 691-1030.)

Payment can be made by credit card, check or money order payable to:
**MEALS ON WHEELS OF
NORTHAMPTON COUNTY**

**PLEASE CIRCLE ONE: MasterCard Visa
CREDIT CARD NUMBER:**

EXPIRATION DATE: _____

SIGNATURE: _____

Please return this form to:
**MEALS ON WHEELS
OF NORTHAMPTON COUNTY
4240 FRITCH DRIVE
BETHLEHEM, PA 18020-8940**