

WESTEND SENIORS ACTIVITY CENTRE MEAL PROGRAM



- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious and Affordable!**

HOME MADE MEALS

- **VARIETY** - Each week our Cafe team prepares home made meals, hearty soups and fresh muffins and more... all are then frozen and ready for purchase!
- **REHEATABLE** - All meals are cooked so you simply need to reheat in the microwave
- **FREE DELIVERY** - Available to seniors who do not drive...our team of volunteer drivers will deliver your food orders to you!

FRESH INGREDIENTS

*Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals.
This is to ensure only the best ingredients go into every meal we prepare for you!*



HOW TO ORDER

OPTION 01 - Pre-order for pick up/delivery:

- Use our online ordering system - www.weseniors.ca
- Email our centre - foodorders@weseniors.ca
- Call our centre - 780 483-1209 ext. #225

OPTION 02 - Visit our centre & pick up your meals today!

9629 176 St NW, Edmonton (located in Terra Rosa)

PLEASE NOTE:

These are some of our past menu items.

Visit our website or call our centre to see the current menu items we have available!

WEBSITE: www.weseniors.ca
TELEPHONE#: 780 483-1209 ext #225
EMAIL US: foodorders@weseniors.ca

Homemade Muffins (package of 6 for \$6.00)

- Rhubarb Crumble
- Raisin Bran
- Cranberry Orange
- Blueberry
- and more!

Did you know we change our menu every 2 weeks!

Entrees \$10.00

- Lasagna
- Swedish Meatballs & Rice
- Chicken Pot Pie
- Meatloaf with Seasonal Vegetables
- and more!

Hearty Soups \$7.00

- Beef Barley
- Chicken Vegetable
- Borscht
- Minestrone
- and even more of your favorites!

WE CARE!

Care goes into everything we prepare and we go that extra mile to ensure our meals are nutritious and delicious! For example, our Chicken Pot Pie is topped with a home made biscuit!

