

## chef'schoice Daily Meal Delivery

(780) 429-2020 - Extension 106

### Fresh Meal Delivery Pricing

<b>One Meal</b> - \$12.00	<b>Two Meal</b> - \$14.50
Soup	One meal plus:
Entree	Sandwich /Protein Salad
Dessert	Snack
Side of fruit, juice, vegetables, yogurt, etc.	
<b>Lunch</b> - \$8.00	<b>Breakfast*</b> - \$3.00
Soup	Cereal
Sandwich	Milk
Side of fruit, juice, salad, vegetables, yogurt, etc.	Fruit or Juice
	Protein snack
	*must be purchased with a meal plan

Low income clients may qualify for a discounted fee

### Ordering Daily Meal Delivery

You can start your customer profile online at [mealsonwheelsedmonton.org](http://mealsonwheelsedmonton.org) or by calling our office at (780) 429-2020.

Anyone qualifies for service - no age restrictions or referral needed.

A 5-day, pre-paid trial is the minimum to start service. Meals will start 2 business days after enrollment.

Some dietary restrictions and allergies can be accommodated (call to inquire).

Texture modified foods including minced, cut-up, pureed, soft and renal diet options are available.

Meals are flash chilled for delivery, preserving freshness, flavour and nutrition. Easy to heat up in a microwave, oven or stovetop.

We use fresh herbs and seasoning to give added flavour to the meals. Additional salt and pepper can easily be added at home.

### Delivery

Delivery: Monday to Friday between 10:30AM - 1:00PM  
Deliveries are made by screened volunteers.

## chef'schoice Frozen Meal Program

(780) 429-2020 - Extension 110

### Frozen Menu Pricing

<b>Entrees</b>	<b>Desserts</b>
Beef, Pork, Chicken or Seafood - \$7.00	Muffins - \$1.00
Pureed - \$5.00	Cakes - \$2.50
Halal - \$8.50	12 Cookies - \$5.00
Gluten Free - \$8.50	
	Ensure & Glucerna - \$2.00
Soups - \$3.00	

### Ordering Frozen Meals

You can order meals online through our website [mealsonwheelsedmonton.org](http://mealsonwheelsedmonton.org), via email to [orders@mealsonwheelsedmonton.org](mailto:orders@mealsonwheelsedmonton.org), or by calling our office at (780) 429-2020.

Anyone can order our products. There are no limits or conditions.

There is no minimum order requirement.

There are no delivery fees or GST.

Delivery orders will be delivered the week following when the order is placed.

Pickup orders will be ready two business days after they are placed.

Our menu features pureed meals as well as some Halal and gluten free items.

All menu items are subject to availability.

### Delivery

Delivery is Wednesday or Thursday between 5:00PM - 7:00PM  
Deliveries are made by screened volunteers.

### Billing

We accept e-transfer, exact cash, cheques, or debit for pickup orders, or clients can leave a credit card on file to be charged.

### When to Contact Us

Call or email us with 48 hours notice when you:

- Need to cancel or change meal delivery.
- Want to change your delivery instructions.
- Want to order an alternative or extra meal.
- Need to discuss your diet.
- Want to add a frozen meal to your service.
- Have a compliment or concern about your meals or delivery.

### Office Location

1111 103 Ave. T5K 2P1  
(780) 429-2020

Extension 106 for daily meal delivery  
Extension 110 for frozen meals

[orders@mealsonwheelsedmonton.org](mailto:orders@mealsonwheelsedmonton.org)  
[mealsonwheelsedmonton.org](http://mealsonwheelsedmonton.org)

8:00AM - 3:00PM  
Closed statutory holidays