WRHA Nutrition and Food Services

MOW Low Sodium Bulk Meal Order Form

NAME: CENTRE:

DELIVERY DATE: ROUTE:

Quantity	Dinner Items	Quantity	Soups 12-17mmol sodium per serving
	Baked Salmon, Steamed Rice, Julienne Carrots		Beef Barley
	Baked Spaghetti, Cauliflower		Chicken Noodle
	Mediterranean Haddock Mashed Potatoes, Broccoli		Minestrone
	Meatloaf/Gravy, Mashed Potato, Julienne Carrots		Vegetable
	Roast Beef/ Gravy, Mashed Potato, Turnip		Cream of Asparagus
	Roast Pork/Poultry Gravy, Rice Pilaf, Peas		Cream of Broccoli
	Roast Turkey, Steamed Rice, Sliced Carrots		Cream of Mushroom
	Salisbury Steak, Non-Dairy Mashed Potato, Mashed Turnip		Cream of Tomato
	TOTAL		**TOTAL**

June 1, 2020