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
	Shaved Steak/Gravy, Mashed Potato, Peas & Carrots		Vegetable
	Roast Pork/Poultry Gravy, Rice Pilaf, Peas		Cream of Asparagus
	Roast Turkey, Steamed Rice, Sliced Carrots		Cream of Broccoli
	Salisbury Steak, Non-Dairy Mashed Potato, Diced Squash		Cream of Mushroom
	Vegan Shepherd's Pie		Cream of Tomato
	TOTAL		**TOTAL**

Sept 20, 2021