



FRESH MEAL PRICING

LUNCH

Soup

Sandwich

Fresh Fruit or Vegetables

Dessert

\$8.75 per person

1 MEAL PACKAGE

Soup

Protein Entrée

Fresh Fruit or Vegetables

Dessert

\$13.25 per person

2 MEAL PACKAGE

Soup

Protein Entrée

Fresh Fruit or Vegetables

Sandwich or Protein Salad

Snack

Dessert

\$16.00 per person

BREAKFAST*

Cereal

Milk

Juice or Fruit

Snack

\$3.50 *must be added to meal package

Subsidy Program: If annual income on current Notice of Assessment is below \$28,297, subsidies are available for the fresh 1 meal or 2 meal package.



FROZEN MEAL PRICING

ENTRÉE
\$7.75 - \$9.50

FAMILY SIZE ENTRÉE
\$18.00

PURÉED ENTRÉE
\$5.50

SOUP
\$3.25

MUFFIN
\$1.25

DESSERT
\$1.25 - \$2.75

FROZEN MEAL ORDERING

Ordering frozen meals is fast and easy! We offer convenient home delivery on Wednesday or Thursday evenings from 4pm - 7pm or you can arrange pick up at 11111 103 Ave. Please note that online orders must be received by 11:59pm Friday to ensure delivery the following week.

Need your meals sooner? Stop by our downtown location at 11111 103 Ave Monday to Friday between 8am - 3pm for grab & go service from our merchandiser.

FRESH MEAL ORDERING

Sign up for fresh meal delivery on our website emow.ca/fresh-meals and a representative will reach out to confirm details with you. Meals are delivered Monday to Friday from 10:30am - 1:30pm.

www.emow.ca | 780-429-2020