

Meals Made Easy

OSMH has come up with a way to make it easier for kidney patients to eat more conveniently and within their special diet requirements.

The individual meals and soups are all made at OSMH with fresh ingredients. The meals are ready-to-bake from the freezer. All you need to do is slip it in the oven. There is a variety of different meals, with options such as roasted chicken with apple herb stuffing to classic shepherd's pie. Entrée choices are balanced with a lower potassium vegetable. Prices range from \$5.49 to \$6.99.



For more information or to place your order:

Phone (705) 325-2201, ext 3228

Please note:

- Availability of meals will depend on current stock levels
- Payment must be made at time of order by credit card
- Arrange pick up date/time while placing your order. Delivery is not an option.
- For order pick up: please approach the cashier in the cafeteria to receive your order
- Café hours of operation: Monday to Friday 8:00am to 1:30pm



Meals pictured above: Creamy roasted red pepper sauce over pasta, roasted chicken with apple herb stuffing, beef stroganoff, fish with leeks and sweet peppers, Malaysian pineapple chicken curry.