



**St. Paul's  
L'Amoreaux  
Centre**

# ***Meals on Wheels***

**Nutrition and support  
for Older Adults**

**St. Paul's L'Amoreaux Centre**  
3333 Finch Avenue East  
Scarborough ON M1W 2R9  
416-493-3333  
[www.splc.ca](http://www.splc.ca)

Meals on Wheels is a service that delivers hot, nutritious meals right to your front door.

Our meals are culturally appropriate, with both a Western and Chinese menu. All dishes are dietician approved and made fresh daily. We offer meals appropriate for people on diabetic, renal, chopped, minced and pureed diets. Frozen meals are also available. Your meal will be delivered by a friendly and trained member of our team who will check in and ensure you are safe at home.

If you or a loved one would benefit from a hot, delicious meal, please contact our Intake team today.

**Help in the home really is just around the corner!**

**Everyone Here Belongs**

