



**Comfort
Keepers**

Elevating the
Human Spirit™



Fresh Meals, Delivered.



Above and beyond

Our caregivers provide special care:

- Visual check three days a week (on delivery day)
- Assistance with ordering each week
- Check the refrigerator for expired food and make sure food is stored properly

Talk to your care coordinator about adding additional Comfort Keepers' care services to your monthly meal plan.

Our monthly subscription service delivers delicious, nutritious meals right to your door.



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TC 8/19

866-929-9044 comfortkeeperstc.com

Nutritious Choices

Meals are always prepared using quality ingredients to meet a variety of dietary needs. Complete nutritional values for each meal are available on our app, which is available on your smart phone.

Local & Fresh

All meals are chef prepared on campus and conveniently packaged and labeled on day of delivery.

Flexible Ordering

We offer lots of tasty meals to choose from on our menu and specials that change every week. Use your stars throughout the month to fit your schedule. For entertaining guests or special events try placing a special order from our catering department.

Reliable Delivery

Meals are delivered on Monday, Wednesday and Friday mornings by trained staff who provide personal service, check wellness and ensure proper food storage.

How it Works

Go to comfortkeeperstc.com and click on Comfort Keepers Meals or call our office at 231-929-9044 to explore options. We will schedule an appointment for a care coordinator to meet with you, help you choose the plan that's best for you, and complete the paperwork. Start ordering and enjoying – it's that simple!

Three Packages to Choose From*

SMALL: \$393/month

- 9 Selections per week:
- 3 Entrée Meals
- 3 Light Meals
- 3 Snacks/Sweets/Salads



MEDIUM: \$542/month

- 12 Selections per week:
- 5 Entrée Meals
- 4 Light Meals
- 3 Snacks/Sweets/Salads



LARGE: \$683/month

- 15 Selections per week:
- 7 Entrée Meals
- 5 Light Meals
- 3 Snacks/Sweets/Salads



ENTREES ONLY:

- 5 per week: \$430/month
- 7 per week: \$541/month

*Prices subject to change.

SAMPLE MENU/ORDER FORM



MENU & ORDER FORM
WEEK OF JULY 10 - JULY 17

Please write in quantity of selections you'd like for the week, according to the star colors on your meal plan: ★ Gold Star ★ Silver Star ★ Blue Star

CLIENT NAME: _____
MEAL PLAN: SMALL MEDIUM

MONDAY DELIVERY	WEDNESDAY DELIVERY	FRIDAY DELIV
Snacks/Sweets Q: ★ Blueberry Muffin — ★ Jumbo Cookie — ★ Brownie — ★ Pudding Cup — ★ Strawberry Parfait — ★ Hardboiled Egg Cup — ★ Fresh Fruit Cup — ★ Grapes & Cheese Cup	Snacks/Sweets Q: ★ Blueberry Muffin — ★ Jumbo Cookie — ★ Brownie — ★ Pudding Cup — ★ Strawberry Parfait — ★ Hardboiled Egg Cup — ★ Fresh Fruit Cup — ★ Grapes & Cheese Cup	Snacks/Sweet Q: ★ Blueberry — ★ Jumbo Coc — ★ Brownie — ★ Pudding Cu — ★ Strawberry I — ★ Hardboiled — ★ Fresh Fruit C — ★ Grapes & Ch
Soups Q: ★ Chicken Noodle Soup — ★ Traditional Chili	Soups Q: ★ Chicken Noodle Soup — ★ Traditional Chili	Soups Q: ★ Chicken Nooc — ★ Traditional Ch
Sandwiches: Q: ★ Turkey & Cheddar — ★ Ham & Cheddar Wrap — ★ Roast Beef & Cheddar Sub — ★ Italian Sub — ★ Chicken Salad Sandwich — ★ Tuna Salad Sandwich — ★ Chicken Caesar Wrap	Sandwiches: Q: ★ Turkey & Cheddar — ★ Ham & Cheddar Wrap — ★ Roast Beef & Cheddar Sub — ★ Italian Sub — ★ Chicken Salad Sandwich — ★ Tuna Salad Sandwich — ★ Chicken Caesar Wrap	Sandwiches: Q: ★ Turkey & Ched — ★ Ham & Chedd — ★ Roast Beef & C — ★ Italian Sub — ★ Chicken Salad — ★ Tuna Salad Sa — ★ Chicken Caesa
Salads: Q: ★ Tossed Garden Salad — ★ Caesar Side Salad	Salads: Q: ★ Tossed Garden Salad — ★ Caesar Side Salad	Salads: Q: ★ Tossed Garden — ★ Caesar Side Sa
Entrée: Q: ★ Grilled Chicken with Cherry Bourbon BBO — ★ Roasted Potato, Corn — ★ Italian S	Entrée: Q: ★ Grilled Chicken with Cherry Bourbon BBO — ★ Roasted Potato, Corn — ★ Italian S	Entrée: Q: ★ Grilled Chicken with Cherry Bourbon BBO — ★ Roasted Potato, Corn — ★ Italian S