



# Meals on Wheels for Your Freezer

Brought to you by Cochrane FCSS & Helping Hands

To place an order: call 403-851-2250, email [fcss@cochrane.ca](mailto:fcss@cochrane.ca) or drop off in person to FCSS 209-2<sup>nd</sup> Avenue W. Cochrane

## FROZEN ENTRÉE ORDER FORM

**DELIVERY DATE:** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**DELIVERY NOTES:** \_\_\_\_\_

**PAYMENT:**  CASH  DEBIT  VISA  MC

**PAY ON PICK-UP**

- Meals are prepared by Meals on Wheels Calgary.
- **GF** -Gluten free, **R**-Renal (low sodium) and **V**-Vegetarian options.
- Delivery is within Cochrane only and meals must be paid in advance for this option.
- Meals will be delivered on Tuesday between 12:00pm -1:00pm and **deadline to order is 12:00pm on the Tuesday the week before.**

	<b>Individual Meals \$6.50 ea.</b>	<b>#</b>
<b>Regular Meals</b>	Baked Ham w/ Orange Sauce	
	BBQ Meatballs	
	Beef Cabbage Rolls	
	Chicken Stir Fry	
	Chicken & Parm Wine Sauce	
	Classic Beef Lasagna	
	Coconut Curry Chicken	
	Five Spice Beef Stew	
	French Toast & Chicken Sausage	
	Hearty Beef Stew	
	Homestyle Mac & Cheese	
	Homestyle Salisbury Steak	
	Lightly Breaded Salmon	
	Pork Cutlet w/Gravy	
	Roast Turkey	
	Sweet & Tangy Pork Bourbon	
Teriyaki Beef & Broccoli Bowl		
Traditional Shepherd's Pie		
Vegetarian Shepherd's Pie <b>(V)</b>		
<b>Renal (R)</b>	Chicken & Parm Wine Sauce <b>(R)</b>	
	Chicken Stir Fry <b>(R)</b>	
	Hearty Beef Stew <b>(R)</b>	
	Homestyle Salisbury Steak <b>(R)</b>	
	Pork Cutlet w/Gravy <b>(R)</b>	
	Roast Beef <b>(R)</b>	
<b>Gluten Free (GF)</b>	Steamed Salmon w/ Dill <b>(R)</b>	
	Baked Ham & Orange Sauce <b>(GF)</b>	
	Beef Cabbage Rolls <b>(GF)</b>	
	Butter Chicken Bowl <b>(GF)</b>	
	Chicken w/Gravy <b>(GF)</b>	
	Hearty Beef Stew <b>(GF)</b>	
	Roast Beef <b>(GF)</b>	
	Steamed Cod w/BBQ <b>(GF)</b>	
	Tangy BBQ Pork Ribette <b>(GF)</b>	
	Trad. Shepherd's Pie <b>(GF)</b>	
Veggie Chili <b>(V) (GF)</b>		

<b>Frozen Soups 750 ml \$5.00</b>	<b>#</b>	<b>Frozen Soups 750 ml \$5.00</b>	<b>#</b>
Chicken Barley <b>(R)</b>		Hearty Beef Barley <b>(R)</b>	
Chicken Noodle <b>(R)</b>		Moroccan Chickpea	
Corn Chowder <b>(R)</b>		Mulligatawny <b>(R)</b>	
Cream of Carrot		New England Clam Chowder	
Cream of Pea		Traditional Borscht	
Garden Minestrone			

**Total Meals:** \_\_\_\_\_

**Total Soups:** \_\_\_\_\_