



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 or drop off in person to FCSS 209-2nd 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.**

	Individual Meals \$6.50 ea.	#
Regular Meals	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 (V)		
Renal (R)	Chicken & Parm Wine Sauce (R)	
	Chicken Stir Fry (R)	
	Hearty Beef Stew (R)	
	Homestyle Salisbury Steak (R)	
	Pork Cutlet w/Gravy (R)	
	Roast Beef (R)	
Gluten Free (GF)	Steamed Salmon w/ Dill (R)	
	Baked Ham & Orange Sauce (GF)	
	Beef Cabbage Rolls (GF)	
	Butter Chicken Bowl (GF)	
	Chicken w/Gravy (GF)	
	Hearty Beef Stew (GF)	
	Roast Beef (GF)	
	Steamed Cod w/BBQ (GF)	
	Tangy BBQ Pork Ribette (GF)	
	Trad. Shepherd's Pie (GF)	
Veggie Chili (V) (GF)		

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

Total Meals: _____

Total Soups: _____