



Total Meals: _____
Total Soups: _____

## Bragg Creek Meals for Your Freezer

Brought to you by:  
Cochrane FCSS, Helping Hands and Bragg Creek Snowbirds Seniors Fellowship

To place an order: call 403-851-2250 or email [fcss@cochrane.ca](mailto:fcss@cochrane.ca)

<b>DELIVERY DATE:</b> _____
<b>NAME:</b> _____
<b>PHONE:</b> _____
<b>ADDRESS:</b> _____ _____
<b>EMAIL:</b> _____
<b>DELIVERY NOTES:</b> _____
<b>PAYMENT:</b> <input type="checkbox"/> DEBIT <input type="checkbox"/> Credit Card
<ul style="list-style-type: none"> <li>➤ Meals are prepared by Meals on Wheels Calgary.</li> <li>➤ <b>GF</b> -Gluten free, <b>R</b>-Renal (low sodium) and <b>V</b>-Vegetarian options.</li> <li>➤ Meals must be paid in advance at time of ordering.</li> <li>➤ Pick up Tuesday between 2pm-4pm or Thursday between 2pm-8pm.</li> <li>➤ Pick-up at Bragg Creek Seniors Chalet 19 Balsam Road, Bragg Creek.</li> <li>➤ Please call 403-949-3313 with any concerns around pick-up. Phone is only monitored Tues/Thurs.</li> </ul> <p><b>Deadline to order is 12 p.m. on the Tuesday the week before.</b></p>

Individual Meals \$6.50 each	#
<b>each meal includes a protein, starch &amp; vegetable</b>	
Beef Cabbage Rolls	
Beef Meatballs with BBQ Sauce	
Beef Salisbury Steak	
Beef Stir Fry	
Beef Veal Cutlet	
Chicken Chow Mein	
Chicken Pot Pie	
Chicken Stir Fry	
Pork Loin w Korean BBQ Sauce	
Turkey Roast	
<b>Gluten Friendly Meals (GF) ** (R)</b>	
Beef Braised (GF)	
Beef Cabbage Rolls (GF)	
Beef Hearty Beef Stew (GF)	
Beef Shepherd's Pie (GF)**(R)	
Beef Swiss (GF)	
Chicken Buter Chicken Bowl (GF) **(R)	
Chicken Tandoori (GF)** (R)	
Chicken w Creamy Parmesan Sauce (GF)	
Chicken w Gravy (GF)	
Fish Steamed Cod w BBQ Sauce (GF) **(R)	
Fish Steamed Salmon w Dill Sauce (GF)	
Pork Bourbon (GF)	
Pork Ribette (GF)	
<b>Renal Friendly Meals (R)</b>	
Beef Hearty Beef Stew (R)	
Beef Salisbury Steak (R)	
Beef Spaghetti Bake (R)	
Chicken Stir Fry (R)	
Chicken w Creamy Parmesan Sauce (R)	
Fish Steamed Salmon w/Dill Sauce (R)	
<b>Vegetarian Meals (V) **(GF)</b>	
Vegetarian Chili w Beans & Lentils(V)**(GF)	
Vegetarian Lasagna w Squash Spinach (V)	
Vegetarian Macaroni & Cheese (V)	
Vegetarian Mushroom Ravioli (V)	
Vegetarian Paneer Tikka Masala (V)** (GF)	
Vegetarian Shepherd's Pie w Soy Crumble (V)	

Frozen Soups 750 ml \$5.00 each (GF) (R)	#
Beef Barley (R)	
Chicken Barley (R)	
Chicken Noodle (R)	
Vegetarian Butternut Squash (GF)	
Vegetarian Cauliflower & Cheddar (GF)	
Vegetarian Minestrone (R)	
Vegetarian Tomato Pasta	