



|                    |
|--------------------|
| Total Meals: _____ |
| Total Soups: _____ |

## Cochrane Meals for Your Freezer

Brought to you by Cochrane FCSS and Helping Hands Society of Cochrane & Area

To place an order: call 403-851-2250 or email [fcss@cochrane.ca](mailto:fcss@cochrane.ca) or drop off in person at FCSS, 1, 209 2<sup>nd</sup> Avenue W. Cochrane

**\*\*Deadline to order is 12 p.m. on the Tuesday the week before.**

|   |
|---|
| <b>DELIVERY DATE:</b> _____   |
| <b>NAME:</b> _____  |
| <b>PHONE:</b> _____   |
| <b>ADDRESS:</b> _____<br>_____  |
| <b>EMAIL:</b> _____   |
| <b>DELIVERY NOTES:</b> _____  |
| <b>PAYMENT:</b> <input type="checkbox"/> Debit <input type="checkbox"/> Credit Card <input type="checkbox"/> Cash   |
| <input type="checkbox"/> Pay on pick up   |
| <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) options.</li> <li>➤ Delivery is within Cochrane <u>only</u>, and meals must be paid in advance for this option.</li> <li>➤ Meals will be delivered on Tuesday between 12-1pm.</li> </ul> |

| Individual Meals \$6.50 each                     | # |
|--|---|
| Each meal includes a protein, starch & vegetable |   |
| Beef Cabbage Rolls                               |   |
| Beef Lasagna                                     |   |
| Beef Meatballs with BBQ Sauce                    |   |
| Beef Salisbury Steak                             |   |
| Chicken Chow Mein                                |   |
| Chicken Sausage & French Toast                   |   |
| Chicken Sausage Hash Bowl                        |   |
| Chicken Schnitzel                                |   |
| Chicken Stir Fry                                 |   |
| Pork Griddle Cakes & Scrambled Eggs              |   |
| Pork Loin w Korean BBQ Sauce                     |   |
| Turkey Roast                                     |   |
| Vegetarian Lasagna w Squash & Spinach            |   |
| Vegetarian Macaroni & Cheese                     |   |
| Vegetarian Mushroom Ravioli                      |   |
| Vegetarian Shepherd's Pie w Soy Crumble          |   |
| <b>Gluten Friendly Meals (GF)</b>                |   |
| Beef Braised (GF)                                |   |
| Beef Cabbage Rolls (GF)                          |   |
| Beef Hearty Beef Stew (GF)                       |   |
| Beef Pulled Poutine (GF)                         |   |
| Beef Shepherd's Pie (GF) & (R)                   |   |
| Beef Swiss (GF)                                  |   |
| Chicken Butter Chicken Bowl (GF) & (R)           |   |
| Chicken Tandoori (GF)&(R)                        |   |
| Chicken w Creamy Parmesan Sauce (GF)             |   |
| Chicken w Gravy (GF)                             |   |
| Fish Steamed Hake w BBQ Sauce (GF)               |   |
| Fish Steamed Salmon / Dill Sauce (GF)            |   |
| Pork Bourbon (GF)                                |   |
| Pork Ribette (GF)                                |   |
| Pork Western Frittata / Potato Wedges (GF)       |   |
| Vegetarian Chili w Beans & Lentils (GF)          |   |
| Vegetarian Egg Bites & Potato Wedges (GF)        |   |
| <b>Renal Friendly Meals (Low Sodium)</b>         |   |
| Beef Hearty Beef Stew (R)                        |   |
| Beef Salisbury Steak (R)                         |   |
| Chicken Stir Fry (R)                             |   |
| Chicken w Creamy Parmesan Sauce (R)              |   |
| Fish Steamed Salmon w/Dill Sauce (R)             |   |
| Pork Bacon & Pancakes (R)                        |   |

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