

Bragg Creek Meals for Your Freezer



- To order: call 403-851-2250, email fcss@cochrane.ca or in person at FCSS, 1, 209 Second Avenue W.
- Deadline to order is **12 p.m. on Monday** the week before the delivery date.

Delivery date: _____

Name: _____ Phone: _____

Address: _____ Email: _____

Delivery notes: _____

Payment: _____ Debit _____ Credit Card

- Meals are prepared by Meals on Wheels Calgary. GF- Gluten Free, R- Renal (low sodium)
- Pick up location is Bragg Creek Seniors Chalet, 19 Balsam Road, Bragg Creek.
- Pick up Tuesdays 2-4 p.m. and Thursdays 2-8 p.m. Please call 403-949-3313 with pick up concerns. Phones are only monitored Tuesdays and Thursdays

Total Meals: _____

Total Soups: _____

Total Breakfast: _____

Total Dessert: _____

Individual meals \$6.75 each

Beef Lasagna	
Beef Meatballs with BBQ Sauce	
Beef Salisbury Steak	
Chicken Caribbean	
Chicken Chow Mein	
Chicken Pot Pie	
Chicken Schnitzel	
Chicken Stew	
Chicken Stir Fry	
Pork Loin w Korean BBQ Sauce	
Turkey Roast	
Vegetarian Lasagna w Squash & Spinach	
Vegetarian Macaroni & Cheese	
Vegetarian Mushroom Ravioli	
Vegetarian Shephard's Pie w Soy Crumble	

Gluten Friendly Meals (GF) \$6.75 each

Beef Braised (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 Salmon w Blackberry Maple Sauce (GF)	
Pork Bourbon (GF)	
Pork Ribette (GF)	
Vegetarian Chili w Beans & Lentils (GF)	

Renal Friendly Meals (R) \$6.75 each

Beef Hearty Beef Stew (R)	
Beef Salisbury Steak (R)	
Chicken Stir Fry (R)	
Chicken w Creamy Parmesan Sauce (R)	
Fish Steamed Cod w BBQ Sauce (GF & R)	
Fish Steamed Salmon w/Dill Sauce (R)	

Breakfast Meals \$3.75

Chicken Sausage & French Toast	
Chicken Sausage Hash Bowl	
Pork Griddle Cakes Scrambled Eggs	
Pork Western Frittata / Potato Wedges (GF)	
Vegetarian Egg Bites / Potato Wedges (GF)	
Pork Bacon & Pancakes w Saskatoon Berries (R)	

Frozen Soups 750ml \$5.00

Beef Barley (R)	
Chicken Barley (R)	
Chicken Noodle (R)	
Vegetarian Butternut Squash (GF)	
Vegetarian Minestrone (R)	
Vegetarian Tomato Pasta	

Desserts & Snacks \$6.50

Biscuits, Herb & Cheddar- Qty 12	
Biscuits, Tea- Qty 12	
Cookies, Chocolate Chips – Qty 18	
Cookies, Raisin Oatmeal- Qty 18	
Muffins, Apple Rhubarb- Qty 12	
Muffins, Lemon Raspberry- Qty 12	