



Total Meals: _____
Total Soups: _____

Meals on Wheels for Your Freezer Order Form

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

To place an order: call 403-851-2250, email fcss@cochrane.ca or drop off in person to FCSS 1, 209, 2 Ave W Cochrane

DELIVERY DATE: _____

NAME: _____

PHONE: _____

ADDRESS: _____

EMAIL: _____

DELIVERY NOTES: _____

PAYMENT: CASH DEBIT Credit Card

PAY ON PICK-UP

- Meals are prepared by Meals on Wheels Calgary.
- **DF**- Dairy free, **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 p.m. -1 p.m. and **deadline to order is 12 p.m. on the Tuesday the week before.**

	Individual Meals \$6.50 each	#
Regular Meals	Asian Glazed Salmon (DF)	
	Baked Ham w/ Apple Dijon	
	BBQ Meatballs (DF)	
	Beef Brisket w/Swiss Sauce (DF)	
	Beef Cabbage Rolls	
	Chicken & Parmesan Wine Sauce	
	Beef Lasagna	
	French Toast & Chicken Sausage	
	Hearty Beef Stew (DF)	
	Homestyle Macaroni & Cheese	
	Homestyle Salisbury Steak (DF)	
	Mexi Bowl (DF)	
	Roast Beef (DF)	
	Roast Pork Loin (DF)	
	Roast Turkey	
Sweet & Tangy Pork Bourbon (DF)		
Traditional Shepherd's Pie		
Veal Cutlet		
Gluten Free (GF)	Baked Ham w/ Apple Dijon (GF)	
	Beef Cabbage Rolls (GF)	
	Butter Chicken Bowl (GF) (R)	
	Chicken w/Gravy (DF) (GF)	
	Hearty Beef Stew (GF)	
	Roast Beef (DF) (GF)	
	Steamed Cod w/BBQ (DF) (GF) (R)	
	Tangy BBQ Pork Ribette (GF) (DF)	
Traditional Shepherd's Pie (GF)		
Renal (R)	Chicken & Parm Wine Sauce (R)	
	Chicken Stir Fry (DF) (R)	
	Hearty Beef Stew (DF) (R)	
	Homestyle Salisbury Steak (DF) (R)	
	Roast Beef (DF) (R)	
Vegetarian (V)	Steamed Salmon w/Dill (R)	
	Veggie Chili (DF) (GF) (V)	
	Vegetarian Lasagna (V)	
	Vegetarian Shepherd's Pie (V)	

Frozen Soups 750 ml \$5.00 each	#
Butternut Squash	
Cauliflower & Cheddar	
Chicken Barley (DF) (R)	
Chicken Noodle (DF) (R)	
Chicken Thai Curry (DF)	
Cream of Broccoli	
Garden Minestrone (DF)	
Hearty Beef Barley (DF) (R)	
Traditional Borscht (DF)	