



Total Meals: \_\_\_\_\_

Total Soups: \_\_\_\_\_

## Meals on Wheels for Your Freezer

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

To place an order: call 403-851-2250, email [fcss@cochrane.ca](mailto:fcss@cochrane.ca) or drop off in person at FCCS at 1, 209 2<sup>nd</sup> 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.
- **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.
- **Deadline to order is 12 p.m. on the Tuesday the week before.**

### 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	

Individual Meals \$6.50 each	#
each meal includes a protein, starch & vegetable	
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)	