



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

DELIVERY DATE: _____
NAME: _____
PHONE: _____
ADDRESS: _____ _____
EMAIL: _____
DELIVERY NOTES: _____
PAYMENT: <input type="checkbox"/> DEBIT <input type="checkbox"/> Credit Card
<ul style="list-style-type: none"> ➤ Meals are prepared by Meals on Wheels Calgary. ➤ GF -Gluten free, R-Renal (low sodium) and V-Vegetarian options. ➤ Meals must be paid in advance at time of ordering. ➤ Pick up Tuesday or Thursday between 1pm-5pm. ➤ Pick-up at Bragg Creek Seniors Chalet 19 Balsam Road, Bragg Creek. ➤ Please call 403-949-3319 if delivery is required. Phone is only monitored Tues/Thurs. <p>Deadline to order is 12 p.m. on the Tuesday the week before.</p>

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	
Gluten Friendly Meals (GF) ** (R)	
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)	
Renal Friendly Meals (R)	
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)	
Vegetarian Meals (V) **(GF)	
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	