



Bragg Creek Meals for Your Freezer

Brought to you by:
Cochrane FCSS, Helping Hands Society and Bragg Creek Snowbirds Fellowship.

To place an order: call Cochrane FCSS 403-851-2250
**Deadline to order is 12 p.m. on the Tuesday the week before.

Total Meals: _____
Total Soups: _____

DELIVERY DATE: _____
NAME: _____
PHONE: _____
ADDRESS: _____ _____
EMAIL: _____
Pick-up Notes: _____
PAYMENT: ___ Debit visa ___ Credit Card
<ul style="list-style-type: none"> ➤ Meals are prepared by Meals on Wheels Calgary. ➤ GF -Gluten free, R-Renal (low sodium) options. ➤ Meals must be paid in advance at time of ordering. ➤ Pick-up location is Bragg Creek Seniors Chalet 19 Balsam Road, Bragg Creek. Pick-up available Tuesdays between 2-4pm or Thursdays between 2-8pm. ➤ Please call 403-949-3313 with any concerns around pick-up. Phone is only monitored on Tuesday and Thursday

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	
Gluten Friendly Meals (GF)	
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)	
Renal Friendly Meals (Low Sodium)	
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	