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 or drop off in person at FCCS at 1, 209 2nd 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 <u>only</u> 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	#
Beef Brisket w/Swiss Sauce **(DF)**	
Beef Mexican Casserole	
Beef Spaghetti Bake	
Cabbage Rolls	
Chicken w/Parmesan Wine Sauce	
Chicken Pot Pie	
Chicken Stir Fry	
French Toast & Chicken Sausage	
Hearty Beef Stew	
Macaroni & Cheese	
Meatballs with BBQ Sauce **(DF)**	
Pork Bourbon	
Pork Loin w/Sweet & Sour Sauce	
Roast Turkey	
Salisbury Steak	
Shepherd's Pie	
Steamed Salmon w/Dill Sauce	
Veal Cutlet	
Gluten Friendly Meals (GF)	
Butter Chicken Bowl **(GF)**	
Cabbage Rolls **(GF)**	
Chicken w/Gravy **(GF)**	
Chicken Tandoori **(GF)**	
Hearty Beef Stew **(GF)**	
Pork Ribette **(DF) (GF)**	
Roast Beef **(DF) (GF)**	
Shepherd's Pie **(GF)**	
Steamed Cod w/BBQ Sauce **(GF) (R)**	
Renal Friendly Meals (R)	
Beef Stew **(R)**	
Chicken w/Parmesan Wine Sauce **(R)**	
Chicken Stir Fry **(R)**	
Roast Beef **(R)**	
Salisbury Steak **(DF) (R)**	
Steamed Salmon w/Dill **(R)**	
Vegetarian Meals (V)	
Veggie Chili **(DF) (V)**	
Vegetarian Coconut Curry **(V)**	
Vegetarian Lasagna **(V)**	
Vegetarian Shepherd's Pie **(V)**	

Frozen Soups 750 ml $5.00 each	#
Beef Barley **(R)**	
Butternut Squash	
Cauliflower & Cheddar	
Chicken Barley **(DF) (R)**	
Chicken Noodle **(DF) (R)**	
Chicken Thai Curry **(DF)**	
Cream of Broccoli	
Minestrone **(DF)**	
Tomato Pasta	