

## **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 <u>fcss@cochrane.ca</u> 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:CASHDEBITCredit Card
PAY ON PICK-UP
<ul> <li>Meals are prepared by Meals on Wheels Calgary</li> <li>DF- Dairy free, GF -Gluten free, R-Renal (low sodium) and V-Vegetarian options.</li> </ul>
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.

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	

Total Meals:	
Total Soups:	

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 <b>(GF)</b>	
Hearty Beef Stew <b>(GF)</b>	
Pork Ribette <b>(DF) (GF)</b>	
Roast Beef ( <b>DF) (GF)</b>	
Shepherd's Pie <b>(GF)</b>	
Steamed Cod w/BBQ Sauce (GF) (R)	
Renal Friendly Meals (R)	
Beef Stew (R)	
Chicken w/Parmesan Wine Sauce (R)	
Chicken Stir Fry <b>(R)</b>	
Roast Beef (R)	
Salisbury Steak (DF) (R)	
Steamed Salmon w/Dill (R)	
Vegetarian Meals (V)	
Veggie Chili <b>(DF) (V)</b>	
Vegetarian Coconut Curry <b>(V)</b>	
Vegetarian Lasagna <b>(V)</b>	
Vegetarian Shepherd's Pie (V)	