



# Meals on Wheels for Your Freezer

Brought to you by Cochrane FCSS & Cochrane Activettes & Community Partners

**Delivery Date:**

To place an order contact the Resource Center at 403-851-2250 Or email [tracy.tilma@cochrane.ca](mailto:tracy.tilma@cochrane.ca) You may fax order sheets to 403-851-2260

### FROZEN ENTRÉE ORDER FORM

DATE: \_\_\_\_\_  
NAME: \_\_\_\_\_  
PHONE #: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
EMAIL: \_\_\_\_\_

### **DELIVERY INSTRUCTIONS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Circle:      Paid              Pay on Pickup  
Cash        Debit              Visa    Mastercard

Payment Received By: \_\_\_\_\_

- Meals are \$6.00 each.
- Soups are \$5.00 each
- \*GF (Gluten Free)
- All meals need to be paid in full prior to delivery or at time of pick-up.
- All orders are due on **Tuesday at noon** and will be delivered the following Tuesday between approximately 12:30 and 1:00pm.

<b>Frozen Entrees (individual size)</b>	<b>Qty.</b>
Baked Ham & Pineapple Orange Sauce	
BBQ Pork Ribette	
Breaded Fish Fillet	
Butter Chicken	
Cabbage Rolls	
Chicken Stir Fry	
Creamy Parmesan Chicken Breast	
Hearty Beef Stew	
Homestyle Macaroni & Cheese	
Meat Lasagna	
Meatballs with Mushroom Sauce	
Pork Cutlet with Gravy	
Pork Bourbon	
Steamed Salmon with Dill Sauce	
French Toast	
Roast Beef with Gravy	
Roast Turkey	
Salisbury Steak	
Shepherd's Pie with Gravy	
Beef Teriyaki Noodle Bowl	
Five Spice Beef	
Curry Coconut Chicken	
Vegetarian Chili	
GF-Baked Ham, Rice, Broccoli	
GF-BBQ Steamed Cod, Rice, Vegetables	
GF-Beef Stew, Potato, Beans	
GF-Butter Chicken, Rice, Vegetables	
GF-Cabbage Rolls, Potato, Beans	
GF-Chicken Breast, Gravy, Potato, Peas	
GF-Roast Beef, Gravy, Yams, Vegetables	
<b>Frozen Soups (750ml) 3 servings</b>	
Beef Barley	
Borscht	
Chicken Barley	
Chicken Noodle	
Corn Chowder	
Cream of Carrot	
Cream of Pea	
Minestrone	
Mulligatawny	
<b>Total</b>	