



Delivery Date:
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# Meals on Wheels for Your Freezer

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

To place an order contact 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 \$6.50 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.

**Individual Meal Options**

Baked Ham & Pineapple Orange Sauce	
BBQ Pork Ribette	
Beef Lasagna	
Beef Teriyaki Noodle Bowl	
Breaded Fish Fillet	
Butter Chicken Bowl	
Cabbage Rolls	
Chicken Stir Fry	
Curry Coconut Chicken	
Five Spice Beef	
French Toast	
Hearty Beef Stew	
Macaroni & Cheese	
Meatballs, BBQ Sauce	
Parmesan Chicken Breast	
Pork Bourbon	
Pork Cutlet	
Roast Beef	
Roast Turkey	
Salisbury Steak	
Shepherds Pie	
Steamed Salmon, Dill Sauce	
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	
GF- Shepherds Pie, Peas	
<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>	

