



Frozen Meals Order Form



All meals are low sodium, low fat and no added sugar
(GF) designates gluten free

NAME:		ORDER DATE
PHONE:		DD / MM / YYYY

\$6.50
Per Meal

MEAL	QUANTITY	MEAL	QUANTITY
BBQ MEATBALLS In Home Made BBQ Sauce with Rice		LIVER & ONIONS Bacon/Mashed Potatoes	
BAKED BEANS (GF) Local Maple Syrup in Brown Beans		MAPLE SQUASH CASSEROLE Squash/Onions/Hamburger/Peas	
BEEF BARLEY SOUP Homemade broth with beef & veg.		MINISTRONE SOUP Cabbage/Carrots/Celery/Potatoes/ Tomatoes/Lentils	
BEEF STEW (GF) Beef Cubes/Gravy/Potatoes/Carrots		MACARONI & CHEESE Macaroni in Creamy Homemade Cheddar Cheese Sauce	
CHICKEN ALFREDO PASTA Bow-tie Pasta/Chicken/Homemade Alfredo Sauce/Mixed Vegetables		MEATLOAF Hamburger/Tomatoes/Rice/Corn	
CHICKEN CASSEROLE (GF) Chicken/Carrots/Potatoes/Gravy		PORK CUTLET IN MUSHROOM SAUCE Roast Potatoes/Cabbage/Onion	
CHICKEN RICE SOUP (GF) Homemade Broth/Vegetables/Rice		ROAST BEEF DINNER (GF) Roast Sirloin/Potatoes/Mixed Vegetables/Gravy	
CHICKEN IN SWEET & SOUR SAUCE Chicken with Home Made Sauce/Rice/ Asian Green Beans		ROAST PORK DINNER (GF) Sliced Pork Loin/Potatoes/Carrots/ Gravy	
CABBAGE ROLLS (2) (GF) Hamburg/Rice/Cabbage/ Tomato Sauce		SALISBURY STEAK Beef Patty/Potatoes/Green Beans	
CHILI (GF) Hamburg/Kidney Beans/Tomato Sauce/ Brown Beans		SAUSAGE PENNE CASSEROLE Octoberfest Sausage Pieces, Onions, Mushrooms, Peppers, Tomato Sauce	
HONEY GARLIC MEATBALLS Hamburg in Home Made Sauce/Rice/ Zucchini/Mushrooms/Peppers		SHEPHERD'S PIE (GF) Hamburg/Onions/Mixed Vegetables/ Potatoes	
HAMBURGER SOUP Beef/Vegetables/Macaroni/Beef Broth		SMOKED HAM DINNER Ham/Scalloped Potatoes/Corn	
HADDOCK c/w DILL SAUCE (GF) Fish/Rice Pilaf/Peas/Onions		SPAGHETTI BAKE Spaghetti/Meat sauce/Cheese	
LASAGNA ROLLS (2) Lasagna/Meat Sauce/Cheese		**DESSERTS** Brownie/Lemon Cake/Date Square/ Carrot Cake with Icing (Please Specify)	
VEGETABLE CHILI Rice & Cornbread		Total Number Of Meals	#
		\$6.50 Per Meal TOTAL COST	\$