



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

Meals \$7.58 ea
Beans & Soups \$6.50**
Desserts \$4.00**
** Per Container

MEAL	QUANTITY
BBQ MEATBALLS In Home Made BBQ Sauce with Rice	
BAKED BEANS (GF) Local Maple Syrup in Brown Beans	
BEEF BARLEY SOUP Homemade broth with beef & veg.	
BEEF STEW (GF) Beef Cubes/Gravy/Potatoes/Carrots	
CABBAGE ROLLS (2) (GF) Hamburg/Rice/Cabbage/ Tomato Sauce	
CHICKEN ALFREDO PASTA Bow-tie Pasta/Chicken/Homemade Alfredo Sauce/Mixed Vegetables	
CHICKEN TERIYAKI BOWL Chicken Strips/ Roasted Veggies/ Brown Rice	
CHICKEN CASSEROLE (GF) Chicken/Carrots/Potatoes/Gravy	
CHICKEN RICE SOUP (GF) Homemade Broth/Vegetables/Rice	
CHICKEN IN SWEET & SOUR SAUCE Chicken with Home Made Sauce/Rice/Asian Green Beans	
CHILI (GF) Hamburg/Kidney Beans/Tomato Sauce/ Brown Beans	
HADDOCK c/w DILL SAUCE (GF) Fish/Rice Pilaf/Peas/Onions	
HAMBURGER SOUP Beef/Vegetables/Macaroni/Beef Broth	
HONEY GARLIC MEATBALLS Hamburg in Home Made Sauce/Rice/ Zucchini/Mushrooms/Peppers	
LASAGNA ROLLS (2) Lasagna/Meat Sauce/Cheese	
LIVER & ONIONS Bacon/Mashed Potatoes	
MAPLE SQUASH CASSEROLE Squash/Onions/Hamburger/Peas	



MEAL	QUANTITY
MACARONI & CHEESE Macaroni in Creamy Homemade Cheddar Cheese Sauce	
MEATLOAF Hamburger/Tomatoes/Rice/Corn	
MINISTRONE SOUP Cabbage/Carrots/Celery/Potatoes/ Tomatoes/Lentils	
PORK CUTLET IN MUSHROOM SAUCE Roast Potatoes/Cabbage/Onion	
ROAST BEEF DINNER (GF) Roast Sirloin/Potatoes/Mixed Vegetables/Gravy	
ROAST PORK DINNER (GF) Sliced Pork Loin/Potatoes/Carrots/ Gravy	
SALISBURY STEAK Beef Patty/Potatoes/Green Beans	
SAUSAGE PENNE CASSEROLE Octoberfest Sausage Pieces, Onions, Mushrooms, Peppers, Tomato Sauce	
SAUSAGE & SQUASH Octoberfest Sausage Pieces, Sauer-kraut, Diced Squash, Mashed Potatoes	
SHEPHERD'S PIE (GF) Hamburg/Onions/Mixed Vegetables/ Potatoes	
SMOKED HAM DINNER Ham/Scalloped Potatoes/Corn	
SPAGHETTI BAKE Spaghetti/Meat sauce/Cheese	
DESSERTS Brownie	
DESSERTS Lemon Cake with Blueberries	
DESSERTS Date Square	
DESSERTS Carrot Cake with Icing	

Total Number Of Meals	#	\$7.58 Per Meal	TOTAL COST	\$
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