

# Frozen Meals Order Form



<b>Name</b>			
<b>Address</b>			
<b>Directions</b>			
<b>Phone</b>		<b>Date Ordered</b>	

Note: All meals are low sodium, low fat and have no sugar added.

Meal	Quantity	Meal	Quantity
Maple Squash Casserole Squash/Onions/Hamburger/Peas		BBQ Pulled Chicken (GF) Chicken in homemade BBQ sauce	
Spaghetti Bake Spaghetti/MeatSauce/Cheese		BBQ Meatballs Meatballs in BBQ sauce/rice	
Shepherd's Pie (GF) Hamburg/Onions/MixedVeg/Potato		Beef Stew (GF) Beef cubes/gravy/potatoes/carrots	
Chicken Casserole (GF) Chicken/Carrots/Potatoes/Gravy		Chicken Alfredo Pasta Bowtie Pasta/Chicken/Alfredo Sauce/mixed vegetables	
Macaroni & Cheese MAC & Creamy Cheddar Cheese Sauce		Chili (GF) Hamburg/Kidney beans/Tomato Sauce	
Beef Barley Soup Beef/Barley/Tomatoes/Vegetables		Honey Garlic Meatballs Hamburg/rice/zuc,mush,peppers	
Hamburger Soup Beef/Vegetables/Macaroni/Beef Broth		Lasagna Rolls (2) Lasagna /Meat Sauce/Cheese	
Minestrone Soup (GF) Cabbage/Carrots/Celery/Pot/Tom/Lentils		Liver & Onions Bacon/ mashed potatoes	
Cabbage Rolls (2) (GF) Hamburg/Rice/Cabbage/Tomato Sauce		Meatloaf Hamburger/tomatoes/rice/corn	
Baked Beans (GF) Local Maple Syrup in BrownBeans		Minced Pork (GF) Ground pork/green beans/rice pilaf	
Roast Pork Dinner Sliced pork loin/potatoes/gravy/carrots		Salisbury Steak Beef patty/potatoes/green beans	
Roast Beef Dinner Roast sirloin/potatoes/mixed vegetables/gravy		Smoked Ham Dinner Scallop potatoes/corn	
<b>TOTAL</b>		<b>TOTAL</b>	

<b>Customer Pick Up</b>	YES	NO
<b>Delivery</b>	YES	NO

<b>Pick Up Date</b>	
<b>Delivery Date</b>	

<b># of Meals</b>		<b>Total</b>	\$
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**Pay By: Cash or cheque - \$6.00 per meal**