



FROZEN TAKE OUT MEALS (PUBLIC)

*Low Sodium Option <140mg per 100g
(GF) Gluten Free Option

613-267-6400

Poultry

1. ____ Tomato Oregano Chicken Breast w/Mashed Potatoes & Green Beans(GF)*
2. ____ Herb & Garlic Chicken Breast w/Roasted Potatoes, Peas & Carrots(GF)*
3. ____ Chicken Stew w/Mashed Potatoes & Green Beans
4. ____ Chicken Parmesan w/Rice Pilaf, & Peas
5. ____ Roast Turkey w/Mashed Potatoes, Gravy, Stuffing & Corn

Beef

6. ____ Meatloaf w/Mashed Potatoes & Baby Carrots*
7. ____ Hamburg Steak w/Fried Onions, Hashbrown Casserole & Green Beans*
8. ____ Beef Stew in Gravy w/Mashed Potatoes, Carrots and Turnips(GF)*
9. ____ Roast Beef w/Mashed Potatoes, Peas & Carrots(GF)*
10. ____ Beef Liver w/Sauteed Onions, Roasted Potatoes & Corn(GF)*

Pork

11. ____ BBQ Pork Riblet w/Hashbrown Casserole, Green&Yellow Beans & Carrots
12. ____ Pork Sausage in Tomatoes w/Mashed Potatoes, Peas, Carrots & Corn
13. ____ Ham w/Scalloped Potatoes & Brown Beans
14. ____ Stuffed Pork Loin w/Rice Pilaf & Green Beans
15. ____ Roast Pork w/Mashed Potatoes & Carrots(GF)*
16. ____ Peameal Bacon w/Mustard Sauce, Roasted Potatoes, Corn, Peas & Carrots(GF)

Fish

17. ____ Salmon w/Lemon Dill Sauce, Rice Pilaf & Peas(GF)*
18. ____ Haddock w/Roasted Garlic & Pepper Cream Sauce, Mashed Potatoes, Green Beans(GF)*

Pasta

19. ____ Meat Lasagna w/Corn, Peas & Carrots
20. ____ Mac 'n Cheese Dinner w/Gr Beans & Carrots

_____ Entrees @ \$9.00 each = \$_____ Cash/Debit Payment Accepted

Date _____

"CHSLC reserves the right to limit quantities."