



CHSLC FROZEN MEALS (CLIENTS)

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

Perth Office 613-267-6400, Smiths Falls Office 613-283-6745

"CHSLC reserves the right to limit quantities."

All meats are oven baked

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/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/Onions, Roasted Potatoes & Corn(GF)*

Pork

11. _____ BBQ Pork Riblet w/Hashbrown Casserole, Green&Yellow Beans & Carrots
12. _____ Oven Baked Pork Sausage w/Tomatoes, 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

Soup

21. _____ Cream of Broccoli *
22. _____ Cream of Cauliflower *
23. _____ Garden Vegetable
24. _____ Chicken Rice w/Veggies(GF)
25. _____ Cream of Potato Leek
26. _____ Cream of Mushroom
27. _____ Split Pea w/Ham(GF)

_____ Entrees @ \$6.50 ea = \$ _____

_____ Soup @ \$1.50 ea = \$ _____

Total = \$ _____

Paid Upon Pickup: Cash Debit

or Bill To: Smile/DVA/ICART/Client

Order Date: _____

Delivery?: _____

Name: _____