

FROZEN MEALS

Fundraiser



\$7 per meal | Order By: November 12 (Noon) | Pick Up: November 19

Email or call-in orders to: Paige LeClair ext.101 or pleclair@cluov.ca

Choose the meals you wish to order and note the quantities in the right hand column. All meals are fully cooked and individually packaged. They can be reheated by microwave or oven.

Frozen Meal	Description	QTY
Maple Squash Casserole	Lean ground beef, onions and peas covered with maple butternut squash	
Meatloaf	Meatloaf flavored with garden tomatoes with rice and vegetables	
Beef Stew	Beef cubes, potatoes and carrots combined in a rich, brown gravy	
BBQ Meatballs	Lean ground beef meatballs in our signature BBQ sauce on a bed of rice	
Spaghetti Casserole	Lean ground beef and tomato sauce with cheese on top of a spaghetti crust	
Salisbury Steak	Lean ground beef patty with gravy, mashed potatoes and green beans	
Honey Garlic Meatballs	Honey garlic meatballs served with rice, zucchini, mushrooms and peppers	
Lasagna Rolls	Baked lasagna in a lean ground beef tomato sauce and topped with cheese	
BBQ Pulled Chicken	A half pound of juicy shredded chicken in a homemade BBQ sauce	
Chicken Alfredo	Bowtie pasta, chicken and mixed vegetables in a homemade Alfredo sauce	
Macaroni & Cheese	Our best tasting macaroni in a homemade creamy cheddar cheese sauce.	
Smoked Ham	Thick sliced ham served with creamy scallop potatoes and corn.	
Shepherd's Pie	Lean ground beef, onions, mixed vegetables covered with mashed potatoes	
Chicken Casserole	Shredded chicken in gravy, cubed potatoes; topped with smashed carrots	
Homestead Chili	Mild lean ground beef in tomato sauce with kidney/baked beans (1 pound)	
Minestrone Soup	Cabbage, carrots, celery, potato, tomato, lentils in a homemade broth (16oz)	
Hamburger Soup	Ground beef, vegetables and macaroni in a homemade beef broth (16oz)	
Cabbage Rolls (2)	Cabbage wrapped extra lean ground beef and rice, covered in tomato sauce	
Minced Pork Patty	Minced pork with orange glaze with green beans and rice pilaf	
Beef Barley Soup	Lean beef chunks in a homemade broth with barley, vegetables and tomato	
Maple Baked Beans	Local maple syrup is slow baked into brown beans (2-3 servings per order)	
Roast Beef Dinner	Tender beef with gravy, mashed potatoes and a side of vegetables.	
Roast Pork Dinner	Slices of pork loin with mashed potatoes and gravy and maple glazed carrots.	
TOTAL MEALS ORDERED		
AMOUNT DUE (\$7 PER MEAL)		

Payment by cash or cheque is due upon pick up. Make cheques payable to Community Living Upper Ottawa Valley.
Orders must be submitted by November 12, 2020 at Noon.

Name:
Contact Phone or Email:
Pick Up Time Choice (Circle One): Noon (11:30am-1:00pm) Evening (4:30pm-6:00pm)