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.

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| **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.

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