

Make **CHEQUES** payable to Wheatland Meals on Wheels **CALL: 403-934-5335 E-TRANSFER** to: wfcssinfo@gmail.com

Name:		Address:							
Phone:		Delivery Date:							
Multiple Serving Items				My Choice Menu: Individual Meals					
	Qty	Menu	Price	Sub-Total		Qty	Meal	Price	Sub-Total
Group-Sized Meals	Large 16 Servings	Beef Cabbage Rolls (GF)	\$ 27.00	\$ -	Individual - My Choice Menu		Beef - Brisket w/Swiss Sauce	\$ 6.50	\$ -
		Beef Lasagna	\$ 37.00	\$ -			Beef - Cabbage Rolls	\$ 6.50	\$ -
		Beef Stew	\$ 30.00	\$ -			Beef - Meatballs W/BBQ Sauce	\$ 6.50	\$ -
		Butter Chicken (GF)	\$ 42.00	\$ -			Beef - Mexican Casserole	\$ 6.50	\$ -
		Chicken Stir Fry	\$ 37.00	\$ -			Beef - Salisbury Steak	\$ 6.50	\$ -
		Chili Con Carne (GF)	\$ 22.00	\$ -			Beef - Shepherds Pie	\$ 6.50	\$ -
		Macaroni & Cheese	\$ 22.00	\$ -			Beef - Spaghetti Bake w/Garlic Toast	\$ 6.50	\$ -
		Potato & Chedd. Perogies	\$ 17.00	\$ -			Beef - Stew Hearty (new veggies)	\$ 6.50	\$ -
		Shepherds Pie	\$ 29.00	\$ -			Beef - Veal Cutlet	\$ 6.50	\$ -
		Spaghetti Bake	\$ 29.00	\$ -			Chick & Saug - French Toast	\$ 6.50	\$ -
Vegetarian Chili	\$ 17.00	\$ -		Chicken Tandoori		\$ 6.50	\$ -		
Small 6 Servings	Butter Chicken (GF)	\$ 17.00	\$ -			Chicken Pot Pie - PEI Veggies	\$ 6.50	\$ -	
	Chicken Stir Fry	\$ 17.00	\$ -			Chicken w/Parm Wine Sauce	\$ 6.50	\$ -	
	Homestyle Mac & Cheese	\$ 14.00	\$ -			Chicken Stir Fry	\$ 6.50	\$ -	
	Spaghetti Bake	\$ 15.00	\$ -			Macaroni & Cheese	\$ 6.50	\$ -	
Sides 20 Serv.	Mixed Vegetables	\$ 10.00	\$ -			Pork - Loin w/ S&S Sauce	\$ 6.50	\$ -	
	Potatoes - Mashed	\$ 10.00	\$ -			Pork - Bourbon	\$ 6.50	\$ -	
	Potatoes - Roasted	\$ 10.00	\$ -			Roast Turkey	\$ 6.50	\$ -	
	Potatoes - Wedges	\$ 10.00	\$ -			Steamed Salmon w/Dill Sauce	\$ 6.50	\$ -	
	Rice	\$ 10.00	\$ -			Vegetarian Lasagna	\$ 6.50	\$ -	
Baked Goods	Muffins 12 ea	Apple Oatmeal Muffins	\$ 6.00	\$ -		Vegetarian Shepherd's Pie	\$ 6.50	\$ -	
		Butternut Squash Muffins	\$ 6.00	\$ -		Veggie Chili	\$ 6.50	\$ -	
		Lemon Poppyseed Muffins	\$ 6.00	\$ -		Vegetarian Coconut Curry	\$ 6.50	\$ -	
		Mixed Berry Muffins	\$ 6.00	\$ -		GF - Beef Cabbage Rolls	\$ 6.50	\$ -	
		Morning Glory Muffins	\$ 6.00	\$ -		GF - Beef Dinner Roast	\$ 6.50	\$ -	
	Cookies 18	Key Lime Cookies	\$ 6.00	\$ -		GF - Beef Stew Hearty	\$ 6.50	\$ -	
		Peanut Butter Cookies	\$ 6.00	\$ -		GF - Butter Chicken Bowl	\$ 6.50	\$ -	
		Oatmeal Raisin Muffins	\$ 6.00	\$ -		GF - Chicken w/Gravy	\$ 6.50	\$ -	
		Monster Cookies	\$ 6.00	\$ -		GF - Pork - BBQ Ribette	\$ 6.50	\$ -	
	Crisp 1	Ginger Pear Crisp	\$ 13.00	\$ -		GF - Shepherds Pie	\$ 6.50	\$ -	
Peach Crisp		\$ 13.00	\$ -						
Crisp 1	Ginger Pear Crisp, Small	\$ 7.00	\$ -		GF & R - Steam Cod w/ BBQ	\$ 6.50	\$ -		
	Peach Crisp, small	\$ 7.00	\$ -						
Bisc. 1	Biscuits - Tea	\$ 6.00	\$ -		R - Beef Roast w/Yorkshire Pdg	\$ 6.50	\$ -		
	Biscuits - Herb & Cheese	\$ 6.00	\$ -		R - Beef Stew Hearty	\$ 6.50	\$ -		
Frozen Soup 3 Servings	Beef Barley Hearty (R)	\$ 5.00	\$ -		R - Chicken w/Parm. Wine Sauce	\$ 6.50	\$ -		
	Butternut Squash	\$ 5.00	\$ -		R - Chicken Stir Fry	\$ 6.50	\$ -		
	Cauliflower and Cheddar	\$ 5.00	\$ -		R - Salisbury Steak	\$ 6.50	\$ -		
	Chicken Barley (R)	\$ 5.00	\$ -		R - Steamed Salmon w/Dill Sauce	\$ 6.50	\$ -		
	Chicken Noodle (R)	\$ 5.00	\$ -				\$ -		
	Chicken Thia Curry	\$ 5.00	\$ -		Puree Meal (250gm)	\$ 3.50	\$ -		
	Cream of Broccoli	\$ 5.00	\$ -		0	Sub-Total Column 2	\$ -		
	Garden Minestrone	\$ 5.00	\$ -		0	Sub-Total Column 1	\$ -		
	Tomato Pasta	\$ 5.00	\$ -			TOTAL	\$0.00		
			\$ -						

*Please note, meal content and nutrition information are subject to change without notice. Individual meals are all diabetic friendly and there are many low-salt and heart healthy options available.