

Frozen Meal Order Form

Pick-Up Location: Rural Frontenac Community Services (1020 Elizabeth St., Sharbot Lake)

Call: (613) 279-3151 **Email:** info@rfcs.ca

*Low Sodium Option <140 mg per 100g

Poultry

1. ___ Tomato Oregano Chicken Breast w/ Mashed Potatoes & Green Beans*
2. ___ Herb & Garlic Chicken Breast w/ Roasted Potatoes, Peas & Carrots*
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*
9. ___ Roast Beef w/ Mashed Potatoes, Peas & Carrots*
10. ___ Beef Liver w/ Sauteed Onions, Roasted Potatoes & Corn*

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 and Carrots
16. ___ Peameal Bacon w/ Mustard Sauce, Roasted Potatoes, Corn, Peas & Carrots

Fish

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

Pasta

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

Soup

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

___ Entrees @ \$6.50 ea = \$ _____
___ Soup @ \$1.50 ea = \$ _____
Total = \$ _____
Order Date: _____



Rural Frontenac Community Services
1020 Elizabeth St., Sharbot Lake
1004 Art Duffy Rd., Sharbot Lake
(613) 279-3151 www.rfcs.ca

Meals provided by:
Lanark County
Community Home Support

