



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."

Poultry

1. ____ Tomato Oregano Chicken Breast w/Mashed Potatoes & Yellow 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/pasta, broccoli & roll
5. ____ Roast Turkey w/Mashed Potatoes, Gravy, Stuffing & Corn

Beef

6. ____ Meatloaf w/Mashed Potatoes & Carrots*
7. ____ Shepherd's pie w/yellow beans & roll*
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/Sauteed Onions, Roasted Potatoes & Corn(GF)*

Pork

11. ____ BBQ Pork Riblet w/Hashbrown Casserole, Green&Yellow Beans & Carrots
12. ____ Farmer Sausage w/cabbage & onion w/Mashed Potatoes, Peas, Carrots & Corn (NEW)
13. ____ Ham w/Scalloped Potatoes & Brown Beans
14. ____ Stuffed Pork Loin w/Rice Pilaf & Green Beans
15. ____ Roast Pork w/Mashed Potatoes & Carrots(GF)*

Fish

16. ____ Baked Tilapia w/herb seasoning, rice pilaf & broccoli (GF) (NEW)
17. ____ Salmon w/Lemon Dill Sauce, Rice Pilaf & Peas(GF)*
18. ____ Haddock w/Roasted Garlic & Pepper Cream Sauce, Mashed Potatoes, Green Beans(GF)*

Pasta and More

19. ____ Baked lasagna w/Corn, Peas & Carrots
20. ____ Mac 'n Cheese Dinner w/Gr Beans & Carrots

Soup

21. ____ Beef Chili (GF) (NEW)
22. ____ Cream of Broccoli *
23. ____ Cream of Cauliflower *
24. ____ Garden Vegetable
25. ____ Chicken Rice w/Veggies(GF)
26. ____ Cream of Potato Leek
27. ____ Cream of Mushroom
28. ____ 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?:
