



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/Rice Pilaf & Yellow Beans(GF)*
- ___ 2. Herb Garlic Chicken Thigh w/Roasted Potatoes, Peas & Carrots
- ___ 3. Homestyle Chicken Stew & Yellow and Green beans
- ___ 4. Chicken Parmesan w/pasta, broccoli & cauliflower
- ___ 5. Roast Turkey w/Mashed Potatoes, Gravy, Stuffing & Corn

BEEF

- ___ 6. Meatloaf w/Mashed Potatoes & Carrots*
- ___ 7. Shepherd's pie w/yellow beans & turnip
- ___ 8. Hearty Beef Stew w/Beets(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. Oktoberfest Sausage w/mustard sauce w/Colcannon, Peas, Carrots & Corn (NEW)
- ___ 13. Ham w/Scalloped Potatoes & Brown Beans
- ___ 14. Roast Pork, Stuffing, gravy w/Mashed Potatoes & Carrots (NEW)

FISH

- ___ 15. Maple Glazed Salmon, Rice Pilaf & Green Beans(GF)*
- ___ 16. Haddock w/Roasted Garlic & Pepper Sauce, Mashed Potatoes, Green Beans(GF)*

PASTA & MORE

- ___ 17. Meat lasagna w/Corn, Peas & Carrots
- ___ 18. Veggie Omelette w/ Home fries & baked beans * (GF) (NEW)
- ___ 19. Scrambled eggs, Sausage W/ Home fries & baked Beans * (GF) (NEW)
- ___ 20. Mac 'n Cheese Dinner w/Gr Beans & Carrots

SOUP

- ___ 21. Beef Chilli (GF)
- ___ 22. Cream of Broccoli *
- ___ 23. Cream of Tomato* (GF)
- ___ 24. Garden Vegetable (GF)
- ___ 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 & Desserts @ \$1.50 ea = \$___

Total = \$___

Paid Upon Pickup: Cash ☐ Debit ☐

or Bill To: Smile/DVA/ICART/Client

Order Date: _____

Delivery?: _____

Name: _____

Phone: _____

