

Order/Pick up Schedule 2021

ORDER DATE:	PICK UP DATE:
January 11 th	January 19 th
January 25 th	February 2 nd
February 8 th	February 16 th
February 22 nd	March 2 nd
March 8 th	March 16 th
March 22 nd	March 30 th
April 6 th	April 13 th
April 19 th	April 27 th
May 3 rd	May 11 th
May 17 th	May 25 th
May 31 st	June 8 th
June 14 th	June 22 nd
June 28 th	July 6 th
July 12 th	July 20 th
July 26 th	August 3 rd
August 9 th	August 17 th
August 23 rd	August 31 st
September 3 rd	September 14 th
September 20 th	September 28 th
October 4 th	October 12 th
October 18 th *	October 26 th
November 1 st	November 9 th
November 15 th	November 23 rd
November 29 th	December 7 th
December 13 th	December 21 st

Please have your order to SENIORS OUTREACH by Thursday before!



Wheatland Meals on Wheels Frozen Program

Wheatland FCSS has partnered with Calgary Meals on Wheels Frozen Program to provide Wheatland County residents with nutritious and affordable meals. All items are prepared by a blue-ribbon chef in the most up-to-date facility for safe food production. Recipes are reviewed by a registered dietitian prior to production to ensure meals are balanced and meet dietary standards.

The **Wheatland Meals on Wheels Frozen Program** is available to anyone in Wheatland County, regardless of age, finances or status.

Frozen meal orders are placed bi-weekly. The following week our orders are picked up from Calgary, delivered and sorted at the Wheatland County Administration Building and stored there for delivery or pick up by the various clients who placed an order.

The menu is extensive and offers a variety of entrees, soups and baked goods for individuals and families. Renal and gluten-free options are also available and we would be glad to give further information on that should you be interested.

Costs vary by product. Payment is by cheque or cash only and is due on pick-up day from Calgary.

For more information or to place an order, please contact Wheatland FCSS at 403-934-5335 or at www.wfcss.org.

Please note that those dates highlighted are FRIDAYS as the following Mondays are statutory holidays. Please have your order in by 3 PM.

Call us at the office should you have any questions.

We look forward to hearing from you!

After placing your order with Seniors Outreach 403 443-2555, please pay by Cash or Cheque/E-Transfer (made out to "Wheatland Meals on Wheels" Ph: 403 934-5335 Email:info@wfcss.org)

NAME: _____ Address: _____

Location: _____

Phone: _____ Delivery Date: _____

Multiple Serving Items				My Choice Menu: Individual Meals			
	Qty	Menu	Price Sub-Total		Meal	Price Sub-Total	
Group-Sized Meals	Large 16 Servings	Beef Cabbage Rolls (GF)	\$ 25.00 \$	My Choice Menu	BBQ Meatballs	\$ 6.50 \$	
		Butter Chicken (GF)	\$ 30.00 \$		Beef Cabbage Rolls	\$ 6.50 \$	
		Chicken Primavera	\$ 30.00 \$		Classic Beef Lasagna	\$ 6.50 \$	
		Chicken Stir Fry	\$ 28.00 \$		Five Spice Beef Stew	\$ 6.50 \$	
		Classic Beef Lasagna	\$ 30.00 \$		Hearty Beef Stew	\$ 6.50 \$	
		Chili con Carne (GF)	\$ 22.00 \$		Homestyle Salisbury Steak	\$ 6.50 \$	
		Hearty Beef Stew	\$ 30.00 \$		Roast Beef Dinner (R)	\$ 6.50 \$	
		Macaroni & Cheese	\$ 22.00 \$		Teriyaki Beef & Brocc. Bowl	\$ 6.50 \$	
		Potato & Chedd. Perogies	\$ 16.00 \$		Traditional Shepherds Pie	\$ 6.50 \$	
		Shepherds Pie	\$ 27.00 \$		Butter Chicken Bowl (GF)	\$ 6.50 \$	
Spaghetti Bake	\$ 25.00 \$	Chicken Stir Fry	\$ 6.50 \$				
Vegetarian Chili	\$ 16.00 \$	Chicken w/ Gravy (GF)	\$ 6.50 \$				
Small 7 Servings	Butter Chicken (GF)	\$ 15.00 \$		Chicken & Parm Wine Sauce	\$ 6.50 \$		
	Chicken Stir Fry	\$ 15.00 \$		Coconut Curry Chicken	\$ 6.50 \$		
	Homestyle Mac & Cheese	\$ 14.00 \$		French Toast & Chix Saug	\$ 6.50 \$		
	Spaghetti Bake	\$ 15.00 \$		Lightly Breaded Salmon	\$ 6.50 \$		
Sides 20 Serv.	Mixed Vegetables	\$ 19.00 \$		Steam Cod w/ BBQ (GF)	\$ 6.50 \$		
	Rice	\$ 10.00 \$		Steamed Salmon w/ Dill (R)	\$ 6.50 \$		
	Roast Potatoes	\$ 10.00 \$		Baked Ham w/ Orange Sauce	\$ 6.50 \$		
Baked Goods	Muffins 12 ct.	Banana Flax Muffins	\$ 6.00 \$	Pork Cutlet w/ Gravy	\$ 6.50 \$		
		Blueberry Bran Muffins	\$ 6.00 \$	Sweet & Tangy Pork Bourbon	\$ 6.50 \$		
		Raisin Bran Muffins	\$ 6.00 \$	Tangy BBQ Pork Ribette (GF)	\$ 6.50 \$		
	Cookies 18 ct.	Key Lime Cookies	\$ 6.00 \$	Roast Turkey	\$ 6.50 \$		
		Peanut Butter Cookies	\$ 6.00 \$	Homestyle Mac & Cheese	\$ 6.50 \$		
		Raisin Oatmeal Cookies	\$ 6.00 \$	Veggie Chili	\$ 6.50 \$		
		Monster Cookies	\$ 6.00 \$	Vegetarian Shepherd's Pie	\$ 6.50 \$		
	Crisps 20 ct.	Apple Crisp	\$ 13.00 \$	Beef Cabbage Rolls (GF)	\$ 6.50 \$		
		Peach Crisp	\$ 13.00 \$	Baked Ham & Orange (GF)	\$ 6.50 \$		
	Crisps 8 ct.	Apple Crisp, small	\$ 7.00 \$	Hearty Beef Stew (GF)	\$ 6.50 \$		
Peach Crisp, small		\$ 7.00 \$	Roast Beef Dinner (GF)	\$ 6.50 \$			
Bisc. 12 ct.	Tea Biscuits	\$ 6.00 \$	Trad. Shepherds Pie (GF)	\$ 6.50 \$			
	Herb & Cheese Biscuits	\$ 6.00 \$	Hearty Beef Stew (R)	\$ 6.50 \$			
Frozen Soup 3 Servings	Hearty Beef Barley (R)	\$ 5.00 \$	Chicken Stir Fry (R)	\$ 6.50 \$			
	Traditional Borscht	\$ 5.00 \$	Parm. Chicken Breast (R)	\$ 6.50 \$			
	Chicken Barley (R)	\$ 5.00 \$	Pork Cutlet w/ Gravy (R)	\$ 6.50 \$			
	Chicken Noodle (R)	\$ 5.00 \$	Homestyle Salisbury Stk. (R)	\$ 6.50 \$			
	Corn Chowder (R)	\$ 5.00 \$					
	Cream of Carrot	\$ 5.00 \$					
	Cream of Pea	\$ 5.00 \$					
	Garden Minestrone	\$ 5.00 \$					
	Mulligatawny (R)	\$ 5.00 \$					
	Moroccan Chickpea	\$ 5.00 \$					
New England Clam Chowder	\$ 5.00 \$						
				Sub-Total	\$		
				Delivery	\$		
				Order Total	\$		

*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 (please inquire)