

Place and Pay for your order at Strathmore FCSS.

The order goes in every other Tuesday by 3:00 pm. Your order will then be ready for pick up at the Strathmore FCSS office the following Tuesday after 1:30 pm.

Calendar indicating Order and Pick Up Dates for 2017

| JANUARY | | | | | FEBRUARY | | | | | MARCH | | | | | APRIL | | | | |
|-----------|----|----|----|----|----------|----|----|----|----|----------|----|----|----|----|----------|----|----|----|----|
| m | t | w | t | f | m | t | w | t | f | m | t | w | t | f | m | t | w | t | f |
| 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | | | 1 | 2 | 3 | 3 | 4 | 5 | 6 | 7 |
| 9 | 10 | 11 | 12 | 13 | 6 | 7 | 8 | 9 | 10 | 6 | 7 | 8 | 9 | 10 | 10 | 11 | 12 | 13 | 14 |
| 16 | 17 | 18 | 19 | 20 | 13 | 14 | 15 | 16 | 17 | 13 | 14 | 15 | 16 | 17 | 17 | 18 | 19 | 20 | 21 |
| 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 20 | 21 | 22 | 23 | 24 | 24 | 25 | 26 | 27 | 28 |
| 30 | 31 | | | | 27 | 28 | | | | 27 | 28 | 29 | 30 | 31 | | | | | |
| MAY | | | | | JUNE | | | | | JULY | | | | | AUGUST | | | | |
| m | t | w | t | f | m | t | w | t | f | m | t | w | t | f | m | t | w | t | f |
| 1 | 2 | 3 | 4 | 5 | | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 1 | 2 | 3 | 4 |
| 8 | 9 | 10 | 11 | 12 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 7 | 8 | 9 | 10 | 11 |
| 15 | 16 | 17 | 18 | 19 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 14 | 15 | 16 | 17 | 18 |
| 22 | 23 | 24 | 25 | 26 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 21 | 22 | 23 | 24 | 25 |
| 29 | 30 | 31 | | | 26 | 27 | 28 | 29 | 30 | 31 | | | | | 28 | 29 | 30 | 31 | |
| SEPTEMBER | | | | | OCTOBER | | | | | NOVEMBER | | | | | DECEMBER | | | | |
| m | t | w | t | f | m | t | w | t | f | m | t | w | t | f | m | t | w | t | f |
| | | | | 1 | 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | | | | | 1 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | | | | 27 | 28 | 29 | 30 | | 25 | 26 | 27 | 28 | 29 |

ORDER DATES

PICK UP DATES

Payable by cash, debit, credit card or cheque made payable to "Town of Strathmore". **Submit orders by**

Phone: 403-934-9090, Fax: 403-934-9942

Email: fcss@strathmore.ca or In Person at Strathmore FCSS

85 Lakeside Blvd. Strathmore

Strathmore Frozen Meal Program



Strathmore FCSS in conjunction with Strathmore United Way and Calgary Meals on Wheels are pleased to offer residents of Strathmore the Frozen Meal Program.

Frozen Entrées, Soups, Baked Goods and Family-Sized Meals are available.



UNITED WAY/STRATHMORE PARTNERSHIP

This Frozen Meal Program is very convenient and enhances the Meals on Wheels Hot Meal Program currently being offered in Strathmore. Place an order bi-weekly or periodically to fill your freezer. This Frozen Meal Program, produced by Calgary Meals on Wheels, offers nutritious options that can be stored in your freezer for up to 3 months and used at your convenience.

Frozen Entrée Menu—\$6.50 Each consists of a protein, starch, and vegetable for a balanced meal.

Beef Lasagna

Breaded Fish Fillet

Macaroni & Cheese

Hearty Beef Stew

Meatballs with Mushroom Sauce

Pork Cutlet with Gravy

BBQ Pork Ribette

Cabbage Rolls

Roast Beef with Gravy

Parmesan Chicken Breast

Baked Ham & Orange Sauce

Soup Menu—\$5.00 per 750 ml container, 3 servings

Chicken Noodle

Chicken Barley

Borscht

Cream of Carrot



Butter Chicken

Shepherds Pie



Stir Fry Chicken

Salisbury Steak

Roast Turkey

Corn Chowder

Cream of Pea

Beef Barley

Minestrone



Crisps

\$13.00—15 Servings

\$6.75—6 Servings



Apple Crisp

Peach Crisp

Rhubarb Strawberry

Baked Goods Menu—\$4.50

Banana Flax Muffins (Qty 9)

Blueberry Bran Muffins (Qty 9)

Raisin Bran Muffins (Qty 9)

Herb & Cheese Biscuit (Qty. 9)

Key Lime Cookies (Qty 13)

Peanut Butter Cookies (Qty 13)

Raisin Oatmeal Cookies (Qty 13)

Tea Biscuit (Qty. 9)

Family-Sized Menu—Various Pricing

**Select Items are available in 2 sizes: Regular and Small*

Regular pan contains approx. 15 servings. Small pan contains approx. 6 servings.

*Butter Chicken - \$27.00

Small—\$14.00

*Chicken Stir Fry - \$29.00

Small—\$14.00

Chili con Carne - \$16.00

Shepherds Pie - \$28.00

Cabbage Rolls - \$23.00

Chicken Primavera—\$28.00

Rice—\$7.00

*Spaghetti Bake—\$24.00

Small—\$12.00

*Macaroni & Cheese - \$21.00

Small—\$11.00

Vegetarian Chili - \$15.00

Beef Lasagna - \$28.00

Beef Stew—\$28.00

Perogies (Potato & Cheddar) - \$17.00

Mixed Vegetables—\$7.00

Ask about Renal, Gluten-Free and Texture Modified options.

All menu options & pricing are subject to change without notice.