



**HOME STYLE FROZEN MEAL PROGRAM FROM THE GOLDEN CIRCLE**

Address: 4620 – 47A Avenue, Red Deer, AB, T4N 3R4

Phone:(403) 343-6074, Fax:(403) 343-7977, Email: info@goldencircle.ca

Please make Cheques Payable to "Circle of Red Deer Seniors Society"

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

ORDER DATE: \_\_\_\_\_

PICK UP DATE: \_\_\_\_\_

DELIVERY DATE:

Tues Wed \_\_\_\_\_

# of MEALS

**Breakfast**

Denver Cheese Omelette with Peppers, Tomato, Bacon and Hashbrowns

Ham and Cheese Omelette with Hashbrowns

**Beef**

Roast Beef, Gravy, Mashed Potatoes with Mixed Vegetables

Liver & Onions, Gravy, Mashed Potatoes with Mixed Vegetables

Sweet & Sour Meatballs with Fried Rice with Mixed Vegetables

Salisbury Steak, Fried Onions, Gravy, and Mashed Potatoes, with Mixed Vegetables

Meat Lasagna with Mixed Vegetables

**Fish**

Breaded Baked Cod with Scalloped Potatoes, and Mixed Vegetables

Poached Salmon with Rice and Mixed Vegetables

**Monthly Special**

Please ask about our special

# of MEALS

**Chicken**

Honey Garlic Chicken with Fried Rice and Mixed Vegetables

Chicken Cordon Bleu with Scalloped Potatoes, with Mixed Vegetables

Chicken Fettuccini with Alfredo Sauce, with Mixed Vegetables

Sweet & Sour Chicken with Fried Rice and Mixed Vegetables

**Pork**

Pork Chops in Mushroom Sauce with Mashed Potatoes and Mixed Vegetables

Roast Pork with Gravy, Mashed Potatoes Apple Sauce, with Mixed Vegetables

Pork Cutlets with Gravy, Mashed Potatoes, and Mixed Vegetables

Ham with Scalloped Potatoes and Mixed Vegetables

**Soups & Pot Pies**

Chicken Noodle Soup

Beef Barley Soup

Cream of Potato and Bacon Soup

Chicken Pot Pie

Beef Pot Pie

**\*Mixed Vegetables\***

Orange Carrots

Yellow Carrots

Broccoli

Romano Beans

**Total Meals:** \_\_\_\_\_

**X \$8.50** \_\_\_\_\_

**Total Soups:** \_\_\_\_\_

**X \$3.50** \_\_\_\_\_

**Total Pot Pies:** \_\_\_\_\_

**X \$6.00** \_\_\_\_\_

**Delivery Charge:** \_\_\_\_\_

**Dessert Order Attached:**

**Total Pies:** \_\_\_\_\_

**YES X \$7.00** \_\_\_\_\_

**Total Tarts:** \_\_\_\_\_

**NO X \$7.00** \_\_\_\_\_

**Total Muffins:** \_\_\_\_\_

**X \$4.50** \_\_\_\_\_

**Grand Total:** \_\_\_\_\_

**PAID: YES NO**

**Cash Visa MC Cheque**



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The Golden Circle Home Style Frozen Meal Program offers a wide selection of affordable, nutritious and ready to eat meals.

Simply enter the amount of each meal you would like in the box on the reverse of this page. Example:  Beef Pot Pies

You can submit your order in person, by phone, by fax, or by email and it will be ready for pickup on the date of your choice or set for delivery within Red Deer city limits for Tuesday or Wednesday mornings. Please see our contact information at the top of this page.

**Nutritional**

All meals are prepared fresh with quality ingredients and follow a low sodium diet.

Meals are fully cooked, packaged, and frozen to lock in freshness.

**Convenient**

Order anytime when it's convenient for you. Pick up orders need a minimum of 48 hours notice and deliveries are on Tuesday and Wednesday mornings.

Easy to store and reduces leftovers and food waste.

Minimizes the need to grocery shop, cook and wash dishes. No mess and no fuss.

Specially packaged for the microwave; easy to thaw and re-heat. **THAW MEAL FIRST FOR FASTER HEATING.**

**Delivery**

Delivery is available within Red Deer City limits for a \$5.00 fee on Tuesdays and Wednesdays.

Deadlines for delivery orders are 1pm Fridays for a Tuesday delivery, and 1pm Mondays for a Wednesday delivery

**Storage**

When you receive your meals immediately place them in your freezer to keep them frozen.

Do not thaw and refreeze any meals.

Keep or recycle the containers, we do not accept them back.

**Payment**

Payments can be made by the following options; In person with any form of payment. Over the phone with credit card. To the delivery driver with cheque or cash

**\*\*Please make cheques payable to "Circle of Red Deer Seniors Society" \*\***