

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

Egg white Omelette with Spinach, Provolone Cheese and Hashbrowns

Scrambled Eggs with Sausage, Baked Beans and Hashbrowns

Beef

Braised Beef, with Onion Gravy, Roasted Potatoes and Mixed Vegetables

Liver & Onions, Gravy, Mashed Potatoes and Mixed Vegetables

Spaghetti with Meat Sauce, Mixed Vegetables and a Garlic Breadstick

Bacon Wrapped Meatloaf, Onion Gravy, Mashed Potatoes and Mixed Vegetables

Vegetarian

Vegetarian Bean Chili with a Bun

Fish

Lemon Garlic Shrimp with Pasta, Mixed Vegetables and a Garlic Breadstick

Teriyaki Salmon with Rice Pilaf and Stir Fried Mixed Vegetables

Citrus Glazed Basa, Roasted Potatoes

of MEALS

Chicken

Sweet & Sour Chicken with Pineapple, Rice Pilaf and Mixed Vegetables

Chicken Cordon Bleu with Roasted Potatoes, and Mixed Vegetables

Chicken Thigh with Cranberry Apple Sauce, Mashed Potatoes and Mixed Vegetables

Pork

Stuffed Pork Loin with Stuffing, Cranberry Apple sauce, Roasted Potatoes and Mixed Vegetables

Pork Cutlets with Gravy, Mashed Potatoes, and Mixed Vegetables

Ham with Raisin Sauce, Mashed Potatoes, and Mixed Vegetables

Monthly Special

Please ask about our special

Soups & Pot Pies

Split Pea and Ham Soup

Vegetable and Orzo Soup

Tomato Bacon Soup

Chicken Pot Pie

Beef Pot Pie

Steak and Mushroom Pot Pie

Total Meals: _____

X \$9.50 _____

Total Soups: _____

X \$3.50 _____

Total Pot Pies: _____

X \$6.00 _____

Delivery Charge: _____

Dessert Order Attached:

Total Pies and Tarts: _____

YES X \$7.00 _____

Total Desserts: _____

NO X \$3.50 _____

Total Muffins and Loaves: _____

X \$4.50 _____

Grand Total: _____

PAID: YES NO



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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.

We require 48 business hours notice for meal orders

Pick up Monday - Order by end of day Wednesday

Pick up or Delivery Tuesday - Order by end of day Thursday

Pick up or Delivery Wednesday - Order by end of day Friday

Pick up Thursday - Order by end of day Monday

Pick up Friday - Order by end of day Tuesday

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 Thursday for Tuesday Delivery and Friday for 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" ****