



Red Deer and District FCSS Weekly Meal Delivery

Name: _____

Number of people in household: _____

Do you require individual or family meals? _____

Meal subsidy required? (Individual meals are \$7 each, Family meals are \$25) _____

Municipality: _____

Delivery address: _____

Phone Number: (must be available on delivery day) _____

Email Address: _____

Special Instructions (Gates, dogs, front or back door delivery or anything else that may impact delivery): _____

Dietary Restrictions: _____

Note: Meals are purchased from providers and no substitutions are available. Please include number of each meals required per week as delivery will occur on a weekly schedule.



Individual Meal Options					
Beef Options	Beef Sausage, Gravy, Mashed Potatoes, Sliced Carrots	Liver & Onions, Gravy, Mashed Potatoes, Turnips	Sweet & Sour Meatballs, Fried Rice, Brussel Sprouts	Salisbury Steak, Fried Onions, Gravy, Hash Browns Pork Cutlets, Gravy, Mashed Potatoes Peas & Carrots	
# of Meals Required					
Chicken Options	Honey Garlic Chicken, Rice, French Beans	Chicken Cordon Bleu, Rice, PEI Mixed Vegetables	Chicken & Mushroom Sauce, Mashed Potatoes, Winter Mixed Vegetables		
# of Meals Required					
Fish Options	Baked Cod, Home Fries, Peas & Carrots	Poached Salmon, Rice, Peas			
# of Meals Required					
Pork Options	Ham & Cheese Omelette, Hash Browns	BBQ Pork Chops, Hash Browns, Baby Carrots	Sweet & Sour Pork, Fried Rice, California Mix	Pork Cutlets, Gravy, Mashed Potatoes Peas & Carrots FISH California Mix Vegetables	Ham Steak, Scalloped Potatoes, Peas
# of Meals Required					
Meal Totals	Beef:	Chicken:	Fish:	Pork:	
Total Cost (Meals are \$7 each)					



Family Style Options (Each Meal Feeds a family of 4)										
Beef Option	Roast beef, mashed potatoes, vegetable medley, dinner rolls									
# of Beef Option Meals										
Chicken Option	Herb and garlic chicken quarters (leg), country vegetable rice, vegetable medley									
# of Chicken Option Meals										
Pork Option	Breaded pork loin chops, herb roasted potatoes, vegetable medley, mushroom gravy									
# of Pork Option Meals										
Pasta Option	Baked beef lasagna with garlic rolls									
# of Pasta Option Meals										
Vegetarian and Gluten-Free Option	Stir-fried vegetable medley (celery, carrot, onion, peppers and baby corn), vegetable fried rice, vegetable spring rolls									
# of Vegetarian and Gluten Free Option Meals										
# of Each Meal Type	Beef:		Chicken:		Pork:		Pasta:		Veg/GF:	
Meal Total Amount (each meal is \$25):										

Method of Payment:

_____ Eventbrite (Credit card)

_____ Cheque (Mailed or upon delivery of meals, please specify which)

_____ Cash (provided in an envelope upon delivery of meals, exact amounts required as no change will be provided)

Delivery is available on a weekly schedule. If you are self-quarantining or any household members are experiencing any symptoms of illness, cash and cheque pick-up will not be available. Delivery may still be provided but meals will be left outside to prevent interaction. Please advise program coordinators should your situation change in any way. The delivery person will ring the bell or knock on the door to advise you that your meals have arrived and will wait in the vehicle to ensure they are picked up.



All meals are prepared fresh with quality ingredients. Meals are specially packaged and frozen to lock in freshness. As soon as you get your meals home, immediately place all frozen items in your freezer. Do not thaw and refreeze. Individual meals are specially packaged for microwave; easy to re-heat. Please thaw meal first before cooking.

Please call with orders to 403-350-2150 or email communityservices@rdcounty.ca with any questions or concerns.