



**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.



| <b>Individual Meal Options</b>                 |  |  |  |   |   |
|--|--|--|--|---|---|
| <b>Beef Options</b>                            | Roast Beef, Gravy,<br>Mashed Potatoes,<br>Winter mix | Liver & Onions, Gravy,<br>Mashed Potatoes,<br>Carrots    | Sweet & Sour Meatballs,<br>Fried Rice, Green Beans | Salisbury Steak, Fried Onions,<br>Gravy, Mashed Potatoes, Peas<br>& Carrots | Meat Lasagna, POD<br>Vegetables           |
| # of Meals<br>Required                         |  |  |  |   |   |
| <b>Chicken<br/>Options</b>                     | Honey Garlic Chicken,<br>Rice, French Beans          | Chicken Cordon Bleu,<br>Rice, POD Vegetables             | Chicken Alfredo, Italian<br>Mix                    |   |   |
| # of Meals<br>Required                         |  |  |  |   |   |
| <b>Fish Options</b>                            | Baked Cod, Home Fries,<br>Peas & Carrots             | Poached Salmon, Rice,<br>Peas                            |  |   |   |
| # of Meals<br>Required                         |  |  |  |   |   |
| <b>Pork Options</b>                            | Ham & Cheese<br>Omelette, Hash Browns                | Mushroom Pork<br>chops, Mashed<br>Potatoes, Baby Carrots | Sweet & Sour Pork, Fried<br>Rice, Italian Veg      | Pork Cutlets, Gravy, Mashed<br>Potatoes, Pick of the day Veg                | Ham Steak,<br>Scalloped Potatoes,<br>Peas |
| # of Meals<br>Required                         |  |  |  |   |   |
| <b>Meal Totals</b>                             | <b>Beef:</b>   | <b>Chicken:</b>  | <b>Fish:</b>                                       | <b>Pork:</b>  |   |
| <b>Total Cost<br/>(Meals are \$7<br/>each)</b> |  |  |  |   |   |



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

**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](mailto:communityservices@rdcounty.ca) with any questions or concerns.