

PICK UP

- **South Peace Seniors’
Access office**

PLEASE BRING YOUR OWN BAGS

(Co-op Mall - to the right of
Pharmasave) Monday - Friday:

1-3 PM

(CASH OR CHEQUE ONLY)

- **Dawson Creek Alliance
Church**

9009 10th Street

(please call ahead with your order
and arrange for pick-up time)

The church takes cash, cheques,
debit, or eTransfers

*For eTransfers, designate Dawson
Creek Alliance Church as an e-transfer
recipient, and list*

***bkr@dawsoncreekalliance.ca** as the
recipient email. Dawson Creek Alliance
Church is set up for auto-deposit, so
passwords are not required. In the
memo section indicate “MFY”.*

- *Please make cheques payable to
‘Dawson Creek Alliance Church’*

**VETERANS AFFAIRS APPROVED
(VAC HEALTH ID CARDS ACCEPTED)**

Meals for You

Our meals are

- *Flavourful*
- *Nutritious*
- *Inexpensive*
- *Varied*
- *Frozen for easy
storage and freshness*

Supported by:

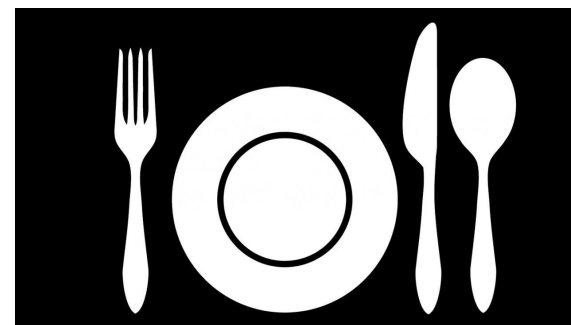


The Butcher Block



When cooking has become
too difficult, call on us.

Meals for You



Contact Numbers:

Dawson Creek Alliance Church:
250-782-3837

Seniors Access: 250-782-2340

Online Brochure and Order Form:

www.dawsoncreekalliance.ca

(Click on “MEALS FOR YOU” on the top
menu bar)

MEAL CHOICES

1. Roast Turkey, Stuffing, Mashed Potatoes, Turnip/Carrots
2. Poached Salmon, Sautéed Potatoes with Onion, Beans/Carrots
3. Beef Stroganoff, Noodles, Bun, Corn
4. Breaded Pork Cutlets, Mashed Potatoes, Carrots/Turnips
5. Lasagna, Garlic Bread, Vegetable
6. Barbeque Chicken, Rice, Succotash
7. Skillet Pork Chops, Mashed Potatoes, Red Cabbage with Apple
8. Fish Fillets with Lemon/Dill Sauce, Mashed Potatoes, Spinach
9. Bangers (sausages), Mashed Potatoes, Peas/Carrots
10. Roast Beef, Roast Potatoes, Broccoli/Red Pepper

11. Salisbury Steak & Onions, Roasted Potatoes, Creamed Cabbage
12. Breaded Chicken Breast, Mashed Potatoes, Green Beans
13. Baked Ham with Pineapple, Scalloped Potatoes, Succotash
14. Braised Liver and Onions, Mashed Potatoes, Beans
15. Turkey Pot Pie, Mashed Potatoes, Broccoli
16. Meatloaf, Mashed Potatoes, Buttered Beets

All meals include a voucher for a fruit

Gift certificates are available at Dawson Creek Alliance Church

SOUPS

- 1a. Chicken and Rice
- 2a. French Canadian Pea Soup with Ham
- 3a. Country Vegetable
- 4a. Corn Chowder
- 5a. Borscht
- 6a. Cream of Potato and Bacon
- 7a. Turkey Noodle
- 8a. Beef Barley

We aim to please, so let us know how we are doing.

Meal choices are expanding and will change to please our customers.

This service is available because of a team of committed volunteers and the support of Dawson Creek Alliance Church.

PRICES

Meals	\$7.00
Soup (500mL)	\$2.00