
Meals for You

Our meals are

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



Supported by:



The Butcher Block CANADIAN TIRE
SAFEWAY T. L. Coe Financial, Ltd.

PRICES

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

PICK UP

- South Peace Seniors' Access office
(Co-op mall to the right of Pharmasave).
Monday-Friday: 1-3 PM
- Dawson Creek Alliance Church
(by appointment only)
- We will make arrangements to deliver in town.
Minimum order for delivery is \$35.00

VETERANS AFFAIRS APPROVED
(VAC HEALTH ID CARDS ACCEPTED)

When cooking has become too difficult, call on us.

Meals for You



Contact Numbers:

Margaret: 250-782-3221

Seniors Access: 250-782-2340

Dawson Creek Alliance Church:
250-782-3837

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. Hawaiian Meatballs, Rice, Vegetable
5. Beef Stew, Dumplings, Peas
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, Stuffed Potatoes, Beans
15. Turkey Pot Pie, Mashed Potatoes, Broccoli
16. Roast Pork, Mashed Potatoes, Buttered Beets, Apple Sauce

All meals include a voucher for a fruit

Gift certificates are available at South Peace Seniors' Access and 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.