

## Western Menu Plan: Additional Frozen Entrees

*This menu begins in Oct. 2018*

In addition to the regular daily scheduled frozen meals ([www.carebc.ca/frozen](http://www.carebc.ca/frozen)), additional frozen meals are available for delivery Monday to Friday. You can order as many as you require to be delivered on any delivery day. Contact the office for more details at (604) 732-7638.

- FROZEN 1 - Slow Roast Chicken with Potatoes and Vegetables
- FROZEN 2 – Turkey Dinner with Mashed Potatoes, Vegetables and Stuffing
- FROZEN 3 - Beef Lasagna with Seasonal Vegetables
- FROZEN 4 – Salisbury Steak with Gravy, Mashed Potatoes and Vegetables
- FROZEN 5 – Beef Shepherd’s Pie with Seasonal Vegetables
- FROZEN 6 - Pork Chop with Gravy, Mashed Potatoes and Vegetables
- FROZEN 7 – BBQ Ribs, Mashed Potatoes and Vegetables
- FROZEN 8 - Four Cheese Tortellini with Organic Tomato sauce
- FROZEN 9 – Vegetarian Chow Mein
- FROZEN 0 - Chicken Cacciatore with Roast Potatoes and Vegetables

### REHEATING FROZEN MEALS:

**Oven:** Preheat oven to 350°F. Remove cover, place in oven for 10-20 minutes.

**Microwave:** Pierce cover and microwave on HIGH 5-7 minutes. Please recycle tray with your household items.

**NOTE:** If thawed first, decrease time by at least half. Re-heating instructions are meant to be general guidelines only; actual re-heating times may vary.