

# Calabogie and Area Home Support Program Inc.

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## WORKING



## TOGETHER

For a better community

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# Frozen Meals MENU

Entrees — \$5.<sup>50</sup> each

All meals are suitable  
to Diabetic

- Macaroni Meat Casserole ♣
- Beef Stew
- Traditional Pot Roast ♣
- Salisbury Steak
- Chopped Swiss Steak
- Meatloaf and Mushroom Gravy
- Liver and Onions
- Shepherd's Pie
- Veal Parmesan ♣
- Beef Stroganoff
- Chicken a la King ♣
- Turkey with Stuffing ♣
- Sweet and Sour Chicken ♣
- Country Chicken
- Chicken Cacciatore ♣
- Roast Chicken
- Pork with Stuffing
- BBQ Rib Style Pork Cutlet
- Seasoned Pork Tenderloin ♣
- Country Style Pork
- Fish Florentine
- Fish & Chips
- Slice Beef with Gravy
- Salmon and Lemon Sauce ♣
- Vegetable Lasagna

♣ Indicates Low Sodium