
Meals for You

Our meals are

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



Supported by:



The Butcher Block
SAFEWAY

CANADIAN TIRE
Meng Fan

PRICES

Meals	\$7.00
Soup (500mL)	\$2.00
Soup and biscuit	\$3.00

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

Gail: 250-782-7208

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. Sweet & sour pork with pineapple and tomatoes, basmati rice
4. Meatloaf & cornbread, peas/corn
5. Beef stew with dumplings, peas
6. Barbeque chicken, rice, succotash
7. Skillet pork chops, mashed potatoes, red cabbage with apple
8. Stuffed fish fillets, quinoa pilaf, spinach
9. Bangers (sausages), stuffed potatoes, peas/carrots
10. Roast beef, roast potatoes, broccoli/red pepper
11. Salisbury steak/tomato sauce, roasted potatoes, creamed cabbage
12. Country chicken, maple yams, green beans
13. Baked ham with pineapple, scalloped potatoes, succotash
14. Tuna casserole, corn, sautéed kale
15. Lentil bolognese, rotini, broccoli/cauliflower
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. Minestrone
 - 4a. Cream of curried pumpkin
 - 5a. Borscht
 - 6a. Cream of potato and bacon
 - 7a. Thai chicken and coconut
 - 8a. Beef barley
- (Biscuits are available with soup)

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.