

**ORDER FORM**

# FREEZER MEALS Class

**You must register at the location of selected class: ☺**

• **Thursday, November 8<sup>th</sup> at Hy-Vee WEST**

**5:30 p.m. to 7:30 p.m. or 6:00 to 8:00 p.m. (CIRCLE ONE)**

• **Wednesday, November 14<sup>th</sup> at Hy-Vee EAST**

**5:30 p.m. to 7:30 p.m. or 6:00 to 8:00 p.m. (CIRCLE ONE)**



**What can you expect from us?**

- Set up – All your groceries will be shopped for and ready to go for you to assemble each meal that you choose (see box below); no limit on the meals you choose.
- Recipe and instructions & ingredients will be provided for assembling and for cooking.
- All ingredients will be washed, sautéed, etc. in advance for each recipe; some cutting and cooking may be expected on your part.
- Then assemble and dish up the meals into serving/freezer-ready containers or bags (provided).
- No Clean up ☺ – Leave the clean-up to us! Really!

**What do you need to do?**

- ❖ **Bring something to take your meals home in** – i.e. cooler on wheels, laundry basket, plastic tote, box, etc. Make sure you bring ice packs if you can't freeze right away.
- ❖ **Assemble your meals at the meal-building stations as directed.**
- ❖ **Invite your friends to sign up! Plan to have FUN assembling your meals together!**

**Please choose a minimum of THREE meals. Price listed is per meal. \*\***

**All meals serve 4 unless otherwise specified.**

- \_\_\_ Sweet Chinese Pork Chops & Rice (stir-fry) Serves 6 \_\_\_\_\_ @ \$18 = \_\_\_
- \_\_\_ Cheesy Manicotti (vegetarian); baked; 9x13 foil pan; Serves 6-8 \_\_\_\_\_ @ \$21 = \_\_\_
- \_\_\_ Philly Beef Steak Sandwiches; 1 ¼ lbs beef; cheese; Slow Cooker; bakery fresh buns; Serves 4 \_\_\_\_\_ @ \$18 = \_\_\_
- \_\_\_ Creamy Chicken Wild Rice Soup & Cornbread; slow cooker; approx 7 (2-cup servings) \_\_\_\_\_ @ \$19 = \_\_\_
- \_\_\_ Chicken Marsala (Marsala wine); Broccoli; serves 4. This recipe requires approx. 45 min prep on cooking day \_\_\_\_\_ @ \$16 = \_\_\_

❖ *Gluten Free or other meal modifications by special request: Additional \$5 per meal.*

❖ *For the meals that are naturally gluten free, there is no extra charge.*

**Method of payment: Circle one**

Check\_\_\_ CC\_\_\_ Cash\_\_\_ (All 5 meals = \$92) Total: \$ \_\_\_\_\_

**\*\*Please pay at customer service\*\***

Name: \_\_\_\_\_ Are you bringing a helper? Name: \_\_\_\_\_

Phone: \_\_\_\_\_ EMAIL \_\_\_\_\_

**\*\* Payment due at time of registration \*\***

**Registration deadlines: Nov 7<sup>th</sup> for Hy-Vee West Class; Nov 13<sup>th</sup> for Hy-Vee East Class  
SPACE LIMITED – Register Early. Questions about recipes? Ask Joan [jdavis@hy-vee.com](mailto:jdavis@hy-vee.com); 402-379-1706**