

**ORDER FORM**

# FREEZER MEALS Class

You must register at the location of selected class: ☺

• **Tuesday, October 9<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)

• **Thursday, October 18<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.
- ❖ 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.*

- \_\_\_ Hummus Crusted Chicken Breasts with Brown Rice Pilaf; Serves 4-5 \_\_\_ @ \$18 = \_\_\_
- \_\_\_ Bacon Wrapped BBQ Meatloaf (turkey/beef; turkey bacon) w/Roasted potatoes \_\_\_ @ \$18 = \_\_\_
- \_\_\_ Chicken Cordon Bleu Casserole (2 lb chicken breasts, ham, cheese) Serves 5-6 \_\_\_ @ \$18 = \_\_\_
- \_\_\_ Slow Cooker Beef Barley-Veg Stew w/ Bakery Fresh Whole Grain Bread (1 lb beef) \_\_\_ @ \$17 = \_\_\_
- \_\_\_ Honey Balsamic Pork Roast (2 lb pork loin roast) w/ Roasted Corn; Serves 5 \_\_\_ @ \$18 = \_\_\_

❖ *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 = \$ 89 ) Total: \$ \_\_\_\_\_

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

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

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

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

**Registration deadlines: Oct 7<sup>th</sup> for Hy-Vee West Class; Oct 16<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**