


**YOUR Name:** \_\_\_\_\_

**JULY Meals On Wheels Menu 2018**

**CLEARLY WRITE** how many meals you would like in each # meals \_\_\_\_\_ box

**MEALS ON WHEELS ONLY DELIVERS ON MONDAYS, WEDNESDAYS AND FRIDAYS** between 11:30am & 1:00pm

<b>Monday -HOT MEAL only DELIVERED MONDAY between 11:30am &amp; MONDAY (delivered HOT)</b>	<b>Tuesday's COLD meal &amp; Wednesday's -HOT MEAL DELIVERED ON WEDNESDAY) between 11:30am &amp; 1:00pm</b>		<b>Thursday's COLD meal &amp; Friday's HOT MEAL DELIVERED ON FRIDAY between 11:30am &amp; 1:00pm</b>	
<b>MONDAY (delivered HOT)</b>	<b>TUESDAY (delivered COLD)</b>	<b>WEDNESDAY (delivered HOT)</b>	<b>THURSDAY (delivered COLD)</b>	<b>FRIDAY (delivered HOT)</b>
<p><b>JULY 2</b> CANADA DAY HOLIDAY  <b>NO DELIVERIES TODAY</b></p>	<p><b>JULY 3</b> Bacon, Broccoli &amp; Cheese Quiche, Pasta Salad, Homemade Roll, Bread Pudding # meals _____</p>	<p><b>JULY 4</b> Beef Stew, Mashed Potato, Tea Biscuit, Chocolate Cake # meals _____</p>	<p><b>JULY 5</b> French Toast with Syrup Breakfast Sausage, Home Fries, Lemon Pie Squares # meals _____</p>	<p>★ <b>JULY 6</b> Breaded Cod Bites with Tartar, Roasted Potato, Peas &amp; Carrots, Carrot Cake # meals _____</p>
<p><b>JULY 9</b> Breaded Chicken, Mashed Potato, Diced Turnip, Peaches # meals _____</p>	<p><b>JULY 10</b> Liver &amp; Onions w Gravy, Mashed Potato, Diced Carrots, Coconut Cream Square # meals _____</p>	<p>★ <b>JULY 11</b> Pork Loin with Savory Stuffing, Rice, Mashed Carrot &amp; Squash, Strawberry Shortcake # meals _____</p>	<p><b>JULY 12</b> Lasagna, Garlic Fingers, Caesar Salad, Date Square # meals _____</p>	<p><b>JULY 13</b> Baked Lemon Pepper Haddock, Mashed Potato, Wax Beans, Apple Crisp w Cream # meals _____</p>
<p><b>JULY 16</b> Creamy Macaroni &amp; Cheese, Coleslaw, Homemade Roll, Butterscotch Pudding # meals _____</p>	<p><b>JULY 17</b> Baked Ham, Scalloped Potato, Mixed Veggies, Chocolate Cupcake # meals _____</p>	<p><b>JULY 18</b> Cold Plate: Sliced Ham, Potato Salad, Garden salad, Homemade Roll, Raspberry Jell-O w Cream # meals _____</p>	<p>★ <b>JULY 19</b> Corned Beef &amp; Cabbage, Boiled Potato, Carrots &amp; Turnip, Cinnamon Roll # meals _____</p>	<p>★ <b>JULY 20</b> Baked Breaded Haddock, Home Fries, Peas, Strawberry Delight # meals _____</p>
<p><b>JULY 23</b> Meatloaf with Gravy, Oven Roasted Potatoes, Beets, Chocolate Pudding # meals _____</p>	<p><b>JULY 24</b> Shepherd's Pie, Coleslaw, Homemade Roll, Apple Buckle # meals _____</p>	<p>★ <b>JULY 25</b> Sweet &amp; Sour Chicken, Fried Rice, Garden Blend Veggies, Blueberry Cheesecake # meals _____</p>	<p><b>JULY 26</b> Chicken Salad Wrap, Potato Salad, Caesar Salad, Lemon Poppy Seed Cake # meals _____</p>	<p><b>JULY 27</b> Fish Cakes, Chow chow, Carrots, Tapioca Pudding # meals _____</p>
<p><b>JULY 30</b> ¼ Honey Garlic Chicken, Mashed Potato, Carrots, Fruit Cocktail # meals _____</p>	<p><b>JULY 31</b> Swiss Steak, Mashed Potato, Green Beans, Grape Jell-O w Cream # meals _____</p>	<p><b>AUGUST 1</b> Chicken Pot Pie, Tossed Salad, Homemade Roll, Brownie # meals _____</p>	<p>★ <b>Freezer Friendly Meals</b> Fri, July 6<sup>th</sup>, Wed, July 11<sup>th</sup>, Thurs, July 19<sup>th</sup>, Fri, July 19<sup>th</sup>, Wed, July 25<sup>th</sup></p> <p> <b>DARTMOUTH SENIORS SERVICE CENTRE</b> <small>WHERE OLD FRIENDS MEET NEW FRIENDS</small></p>	

Number of meals \_\_\_\_ X \$7.00= \_\_\_\_\_

**Please make payment to Dartmouth Seniors Service Centre by: Mon, July 9/18**

QUESTIONS?- CALL Jan Garrison- (902) 465-5578 ext. 216 or email me at [j.garrison@dartmouthseniors.ca](mailto:j.garrison@dartmouthseniors.ca)



**DON'T FORGET TO WRITE YOUR NAME ABOVE!** ☺



# JULY MOW Menu 2018

Fill out and KEEP THIS COPY FOR YOURSELF ☺

#meals \_\_\_ X \$7.00=\_\_\_

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