


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

**OCTOBER MEALS ON WHEELS MENU 2017**

PLEASE RETURN this copy with your

**CLEARLY WRITE** the number of meals you would like in each # meals \_\_\_\_\_ box

driver **BEFORE** the new month begins ☺

Monday (DELIVERY DAY)	Tuesday's meal DELIVERED WED	Wednesday (DELIVERY DAY)	Thursday's meal DELIVERED FRI	Friday (DELIVERY DAY)
<p>2</p> <p>Meatloaf and Gravy, Mashed Potato, Corn, Ambrosia</p> <p># meals _____</p>	<p>3</p> <p>Brunch: Pancake, Sausage, Home Fries, Coleslaw, Blueberry Dumplings with Cream</p> <p># meals _____</p>	<p>4</p> <p>Baked Chicken Breast, Rice, Mixed Veggies, Gingerbread with Cream</p> <p># meals _____</p>	<p>5</p> <p>Turkey Dinner- with Dressing, Mashed Potato, Gravy, a Homemade Roll, Pumpkin Pie</p> <p># meals _____</p>	<p>6</p> <p>Breaded Haddock with Tartar, Roasted Potato, Garden Blend Veggies, Pineapple Delight</p> <p># meals _____</p>
<p>9</p> <p>CENTRE CLOSED FOR THANKSGIVING DAY NO DELIVERY</p>	<p>10</p> <p>Quiche (bacon, mushroom, broccoli, cheese) Home Fries, Coleslaw, Date Square</p> <p># meals _____</p>	<p>11</p> <p>BBQ Pork Chop, Rice, Broccoli, Carrot Cake</p> <p># meals _____</p>	<p>12</p> <p>Shepherd's Pie, Garden Salad, Homemade Bread, Blueberry Pie</p> <p># meals _____</p>	<p>13</p> <p>Mic Mac Haddock, Mashed Potato, Mixed Veggies, Strawberry Shortcake</p> <p># meals _____</p>
<p>16</p> <p>Pork Roast with Gravy, Peas &amp; Carrots, Mashed Potato, Banana Cream Pudding</p> <p># meals _____</p>	<p>17</p> <p>Spaghetti &amp; Meat Sauce, Caesar Salad, Garlic Bread, Cinnamon Roll</p> <p># meals _____</p>	<p>18</p> <p>Coq au Vin (chicken in wine sauce) Mashed Potato, Upside-down Pineapple Cake</p> <p># meals _____</p>	<p>19</p> <p>Corned Beef &amp; Cabbage, Carrots &amp; Turnip, Boiled Potato, Mincemeat Pie</p> <p># meals _____</p>	<p>20</p> <p>Mushroom Melt Haddock, Roasted Potato, Green Beans, Strawberry Jell-O</p> <p># meals _____</p>
<p>23</p> <p>Honey Garlic Meatballs, Rice, Eggroll, Peaches &amp; Cream</p> <p># meals _____</p>	<p>24</p> <p>Caesar Chicken Wrap, Potato Salad, Apple Pie</p> <p># meals _____</p>	<p>25</p> <p>Baked Ham, Scalloped Potato, PEI Veggies, White Cake with Icing</p> <p># meals _____</p>	<p>26</p> <p>Turkey Casserole, Tossed salad, Homemade Bread, Brownie</p> <p># meals _____</p>	<p>27</p> <p>Fish Cakes, Chow chow, Carrots, Fruit Cocktail Cake</p> <p># meals _____</p>
<p>30</p> <p>¼ BBQ Chicken Leg, Rice, Peas, Fruit Cocktail</p> <p># meals _____</p>	<p>31</p> <p>Octoberfest Sausage, Heaven &amp; Earth Potatoes, Blood Pickled Beets, Worms in Dirt!</p> <p># meals _____</p>			<p><b>MENU IS SUBJECT TO CHANGE</b></p>


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

Please make payment to Dartmouth Seniors Service Centre by: Fri, Oct. 6<sup>th</sup>

If you have any questions PLEASE Contact: Jan Garrison- Phone: (902) 465-5578 ext. 216 RECEIPTS available upon request ☺

PLEASE...THE MENU MUST BE FILLED OUT CLEARLY WITH YOUR NAME ON IT TO ENSURE THAT YOU GET THE MEALS YOU WANT ☺

**October MOW Menu 2017**Fill out and **KEEP THIS COPY FOR YOURSELF** ☺#meals  X \$7.00= 

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If you have any questions PLEASE Contact Meals on Wheels Coordinator: Jan Garrison- Phone:(902) 465-5578 ext. 216

**PLEASE...THE MENU THAT YOU RETURN WITH THE DRIVER MUST BE FILLED OUT CLEARLY WITH YOUR****NAME ON IT TO ENSURE THAT YOU GET THE MEALS YOU WANT ☺**