

YOUR Name: _____

MARCH Meals On Wheels Menu 2018

PLEASE RETURN this copy with your driver BEFORE the new month begins ☺

CLEARLY WRITE the number of meals you would like in each # meals _____ box

Monday (DELIVERY DAY)	Tuesday's meal DELIVERED WED	Wednesday (DELIVERY DAY)	Thursday's meal DELIVERED FRI	Friday (DELIVERY DAY)	
<p>WE ARE CLOSED ON Friday March 30. If you would like to order extra meals in advance, the meals from the 14th and 19th are especially freezer friendly</p>		<p>MENU IS SUBJECT TO CHANGE</p>		<p>1 Lasagna, Garlic Bread, Coleslaw, Jell-O & Yogurt Parfait # meals _____</p>	<p>2 Lemon Pepper Haddock, Roasted Potato, Broccoli, Chocolate Chip Cookies # meals _____</p>
<p>5 Chicken Parmesan, Rice, Garden Blend Veggies, Chocolate Pudding # meals _____</p>	<p>6 Ham & Scrambled Eggs, Tea Biscuit, Home Fries, Pineapple Upside-down Cake # meals _____</p>	<p>7 Pork Roast with Gravy, Mashed Potato, Green Beans, Apple Crisp # meals _____</p>	<p>8 Chicken Caesar Wrap, Potato Salad, Pasta Salad, A Fresh Banana! # meals _____</p>	<p>9 Maple-Glazed Salmon, Roasted Potato, Peas, Lemon Poppy Seed Cupcakes # meals _____</p>	
<p>12 Meatloaf with Gravy, Mashed Potato, Corn, Vanilla Pudding # meals _____</p>	<p>13 Goulash (Pasta, beef, Tomato), Purple Coleslaw, Dinner Roll, Vanilla Cake # meals _____</p>	<p>14 ¼ Chicken Leg, Veggie-Rice, Carrots, Peaches & Cream # meals _____</p>	<p>15 Corned Beef & Cabbage, Boiled Potato, Carrots & Turnip, English Trifle # meals _____</p>	<p>16 Fish & Chips, Coleslaw, Pineapple Delight # meals _____</p>	
<p>19 Pork Chop with Creamy Mushroom Sauce, Mixed Veggies, Buttery Egg Noodles, Applesauce # meals _____</p>	<p>20 Pancakes, Sausages, Home Fries, Cranberry-Apple Muffin # meals _____</p>	<p>21 Beef Stew, Mashed Potato, Tea Biscuit, Berry Tart # meals _____</p>	<p>22 Macaroni & Cheese, Broccoli, Dinner Roll, Apple Turnovers # meals _____</p>	<p>23 Seafood Casserole in Tomato Broth (no shellfish), Mashed Potato, Corn, Lime Jell-O with Cream # meals _____</p>	
<p>26 Roast Beef with Gravy, Mashed Potato, Carrots, Jell-O & Peaches # meals _____</p>	<p>27 Spaghetti with Meat Sauce, Garlic Fingers, Lemon Tart # meals _____</p>	<p>28 Chicken Pot Pie, Mashed Potato, Tossed Salad, Applesauce Cake # meals _____</p>	<p>29 NO MOW DELIVERY TOMORROW</p>	<p>30 CLOSED FOR GOOD FRIDAY</p>	

Number of meals _____ X \$7.00= _____

Please make payment to Dartmouth Seniors Service Centre by: March 7th/18

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

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

MARCH MOW Menu 2018

Fill out and **KEEP THIS COPY FOR YOURSELF** ☺

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