



YOUR Name: \_\_\_\_\_ **JULY MEALS ON WHEELS MENU 2017** PLEASE RETURN this copy with your driver

**WRITE the number of meals you would like in each # meals \_\_\_\_\_ box BEFORE the new month begins to ensure your choices.**

Monday (DELIVERY DAY)	Tuesday's meal <b>DELIVERED</b> WED	Wednesday (DELIVERY DAY)	Thursday's meal <b>DELIVERED</b> FRI	Friday (DELIVERY DAY)
3 <b>CENTRE CLOSED FOR CANADA DAY- no delivery</b> 	4 Quiche, Homemade Roll, Coleslaw, Spice Cake # meals _____	5 Beef Stew, Tea Biscuit, Boiled Potato, Cheesecake # meals _____	6 Lasagne, Garlic Bread, Caesar Salad, Lime Jell-O with Cream # meals _____	7 Cold Plate- Sliced Ham, Pasta & Potato Salad, Homemade Roll, Choc Pudding # meals _____
10 <b>KITCHEN RENOVATIONS- NO DELIVERY</b>	11 <b>KITCHEN RENOVATIONS- NO MEAL CHOICE FROM TODAY</b>	12 Baked Breaded Chicken, Rice, Wax Beans, Coconut Cream Tarts # meals _____	13 Pulled Pork on a Bun, Potato Salad, Lemon Pie # meals _____	14 Mic Mac Haddock, Mashed Potato, Carrots, Vanilla Cake with Icing # meals _____
17 Meatballs in Gravy, Mashed Potato, Peas, Blueberry Turnover # meals _____	18 Chicken Wrap, Home Fries, Coleslaw, Bread Pudding # meals _____	19 Meatloaf with Tomato Sauce, Sweet Potato, Mixed Veggies, Tapioca Pudding # meals _____	20 Corned Beef & Cabbage, Boiled Potato, Carrot & Turnip, Raspberry Swirl # meals _____	21 Mushroom Melt Haddock, Mashed Potato, Coconut Poke Cake # meals _____
24 Honey Garlic Chicken, Rice, Corn, Fruit Cocktail # meals _____	25 Macaroni & Cheese, Coleslaw, Homemade Bread, Cinnamon Rolls # meals _____	26 Ham & Scalloped Potato, PEI Veggies, Gingerbread & Cream # meals _____	27 Hamburger & Hot Dog, Potato Salad, Birthday Cake # meals _____	28 Fish Cakes, Chow Chow, Green Beans, Blueberry Buckle # meals _____
31 Pork Chop in Mushroom Sauce, Roasted Potato, Mixed Veggies, Chocolate Mousse # meals _____				<b>MENU IS SUBJECT TO CHANGE</b>



**Number of meals \_\_\_\_\_ X \$7.00= \_\_\_\_\_ Please make payment to Dartmouth Seniors Service Centre by: Friday, July 7th**

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

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 😊

JULY MOW Menu 2017 Fill out and **KEEP THIS COPY FOR YOURSELF** 😊 #meals x \$7.00=\_\_\_\_\_

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

Monday (DELIVERY DAY)	Tuesday's meal <b>DELIVERED</b> <b>WED</b>	Wednesday (DELIVERY DAY)	Thursday's meal <b>DELIVERED</b> <b>FRI</b>	Friday (DELIVERY DAY)
<p>3</p> <p><b>CENTRE CLOSED FOR CANADA DAY- no delivery</b></p> 	<p>4</p> <p>Quiche, Homemade Roll, Coleslaw, Spice Cake</p> <p># meals _____</p>	<p>5</p> <p>Beef Stew, Tea Biscuit, Boiled Potato, Cheesecake</p> <p># meals _____</p>	<p>6</p> <p>Lasagne, Garlic Bread, Caesar Salad, Lime Jell-O with Cream</p> <p># meals _____</p>	<p>7</p> <p>Cold Plate- Sliced Ham, Pasta &amp; Potato Salad, Homemade Roll, Choc Pudding # meals _____</p>
<p>10</p> <p><b>KITCHEN RENOVATIONS- NO DELIVERY</b></p>	<p>11</p> <p><b>KITCHEN RENOVATIONS- NO MEAL CHOICE FROM TODAY</b></p>	<p>12</p> <p>Baked Breaded Chicken, Rice, Wax Beans, Coconut Cream Tarts</p> <p># meals _____</p>	<p>13</p> <p>Pulled Pork on a Bun, Potato Salad, Lemon Pie</p> <p># meals _____</p>	<p>14</p> <p>Mic Mac Haddock, Mashed Potato, Carrots, Vanilla Cake with Icing</p> <p># meals _____</p>
<p>17</p> <p>Meatballs in Gravy, Mashed Potato, Peas, Blueberry Turnover</p> <p># meals _____</p>	<p>18</p> <p>Chicken Wrap, Home Fries, Coleslaw, Bread Pudding</p> <p># meals _____</p>	<p>19</p> <p>Meatloaf with Tomato Sauce, Sweet Potato, Mixed Veggies, Tapioca Pudding</p> <p># meals _____</p>	<p>20</p> <p>Corned Beef &amp; Cabbage, Boiled Potato, Carrot &amp; Turnip, Raspberry Swirl</p> <p># meals _____</p>	<p>21</p> <p>Mushroom Melt Haddock, Mashed Potato, Coconut Poke Cake</p> <p># meals _____</p>
<p>24</p> <p>Honey Garlic Chicken, Rice, Corn, Fruit Cocktail</p> <p># meals _____</p>	<p>25</p> <p>Macaroni &amp; Cheese, Coleslaw, Homemade Bread, Cinnamon Rolls</p> <p># meals _____</p>	<p>26</p> <p>Ham &amp; Scalloped Potato, PEI Veggies, Gingerbread &amp; Cream</p> <p># meals _____</p>	<p>27</p> <p>Hamburger &amp; Hot Dog, Potato Salad, Birthday Cake</p> <p># meals _____</p>	<p>28</p> <p>Fish Cakes, Chow Chow, Green Beans, Blueberry Buckle</p> <p># meals _____</p>
<p>31</p> <p>Pork Chop in Mushroom Sauce, Roasted Potato, Mixed Veggies, Chocolate Mousse</p> <p># meals _____</p>				<p><b>MENU IS SUBJECT TO CHANGE</b></p>

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