

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

**MAY 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**

<b>Monday (DELIVERY DAY)</b>	<b>Tuesday's meal DELIVERED WEDNESDAY</b>	<b>Wednesday (DELIVERY DAY)</b>	<b>Thursday's meal DELIVERED FRIDAY</b>	<b>Friday (DELIVERY DAY)</b>
<b>Freezer Friendly Recommendations:</b> * May 1 <sup>st</sup> , 4 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> and 25 <sup>th</sup>	<b>1</b> Liver & Onions, Mashed Potato, Carrots, Raspberry Jell-O with Cream # meals _____	<b>2</b> Meatloaf with Gravy, Mashed Potato, Beets, Strawberry Shortcake # meals _____	<b>3</b> Macaroni & Cheese, Garden Salad, Lemon Pie Squares # meals _____	<b>4</b> Battered Haddock with Tartar Sauce, Roasted Potato, Green Beans, Chocolate Cake # meals _____
<b>7</b> Pork Chop in Mushroom Sauce, Roasted Potato, Peas, Peaches & Cream # meals _____	<b>8</b> Sausage & Sauerkraut, Boiled Potato, Garden Blend Veggies, Blueberry Dumplings # meals _____	<b>9</b> Beef Stew, Tea Biscuit, Mashed Potato, Apple Crisp with Cream # meals _____	<b>10</b> Chicken Stir Fry, Rice, Homemade Roll, Coconut Cream Square # meals _____	<b>11</b> Pan Fried Haddock, Mashed Potato, Peas, Chocolate Cake # meals _____
<b>14</b> ¼ Chicken Leg, Mashed Potato, Peas & Carrots, Fruit Cocktail # meals _____	<b>15</b> BBQ Pulled Pork on a Bun, Potato Salad, Coleslaw, Pumpkin Muffin # meals _____	<b>16</b> Chicken Penne, Vegetable Medley, Apple Sauce # meals _____	<b>17</b> Grilled Cheese with Bacon Sandwich, Home Fries, Coleslaw, Chocolate Chip Cookies # meals _____	<b>18</b> Poached Salmon with Hollandaise Sauce, Green Beans, Smashed Potato, Lemon Square # meals _____
<b>21</b> Quiche (bacon, mushroom, broccoli, cheese), Home Fries, Bread Pudding # meals _____	<b>22</b> Beef & Cheddar on a Bun, Spinach Salad, Orange Jell-O & Vanilla Yogurt Parfait # meals _____	<b>23</b> Sweet & Sour Chicken, Rice, Eggroll, Oatmeal Cookies # meals _____	<b>24</b> Corned Beef & Cabbage, Boiled Potato, Carrots & Turnip, Pineapple Delight # meals _____	<b>25</b> Fish Cakes, Chow chow, Carrots, Vanilla Pudding with Cream # meals _____
<b>28</b> Chips, Dressing & Gravy- "A Newfie Mess", Peas, Straw-Fruit Cocktail Trifle # meals _____	<b>29</b> Western Omelet, Home Fries, Tea Biscuit, Fruit Cocktail # meals _____	<b>30</b> Ham & Scalloped Potatoes, Wax Beans, Carrot Cake # meals _____	<b>31</b> Cheeseburger with Lettuce & Tomato, French Fries, Pear Halves # meals _____	<b>MENU IS SUBJECT            TO CHANGE</b> <i>Reminder: As of May 2018, there            will be no substitutions to meal            items.</i>

**Number of meals \_\_\_\_\_ X \$7.00= \_\_\_\_\_ Please make payment to Dartmouth Seniors Service Centre by: MON, May 7 /18**

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 ☺

**MAY MOW Menu 2018** Fill out and KEEP THIS COPY FOR YOURSELF ☺ #meals \_\_\_ X \$7.00= \_\_\_

<b>Monday (DELIVERY DAY)</b>	<b>Tuesday's meal DELIVERED WEDNESDAY</b>	<b>Wednesday (DELIVERY DAY)</b>	<b>Thursday's meal DELIVERED FRIDAY</b>	<b>Friday (DELIVERY DAY)</b>
<p>Freezer Friendly Recommendations: * May 1<sup>st</sup>, 4<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 25<sup>th</sup></p>	<p>1 Liver &amp; Onions, Mashed Potato, Carrots, Raspberry Jell-O with Cream # meals _____</p>	<p>2 Meatloaf with Gravy, Mashed Potato, Beets, Strawberry Shortcake # meals _____</p>	<p>3 Macaroni &amp; Cheese, Garden Salad, Lemon Pie Squares # meals _____</p>	<p>4 Battered Haddock with Tartar Sauce, Roasted Potato, Green Beans, Chocolate Cake # meals _____</p>
<p>7 Pork Chop in Mushroom Sauce, Roasted Potato, Peas, Peaches &amp; Cream # meals _____</p>	<p>8 Sausage &amp; Sauerkraut, Boiled Potato, Garden Blend Veggies, Blueberry Dumplings # meals _____</p>	<p>9 Beef Stew, Tea Biscuit, Mashed Potato, Apple Crisp with Cream # meals _____</p>	<p>10 Chicken Stir Fry, Rice, Homemade Roll, Coconut Cream Square # meals _____</p>	<p>11 Pan Fried Haddock, Mashed Potato, Peas, Chocolate Cake # meals _____</p>
<p>14 ¼ Chicken Leg, Mashed Potato, Peas &amp; Carrots, Fruit Cocktail # meals _____</p>	<p>15 BBQ Pulled Pork on a Bun, Potato Salad, Coleslaw, Pumpkin Muffin # meals _____</p>	<p>16 Chicken Penne, Vegetable Medley, Apple Sauce # meals _____</p>	<p>17 Grilled Cheese with Bacon Sandwich, Home Fries, Coleslaw, Chocolate Chip Cookies # meals _____</p>	<p>18 Poached Salmon with Hollandaise Sauce, Green Beans, Smashed Potato, Lemon Square # meals _____</p>
<p>21 Quiche (bacon, mushroom, broccoli, cheese), Home Fries, Bread Pudding # meals _____</p>	<p>22 Beef &amp; Cheddar on a Bun, Spinach Salad, Orange Jell-O &amp; Vanilla Yogurt Parfait # meals _____</p>	<p>23 Sweet &amp; Sour Chicken, Rice, Eggroll, Oatmeal Cookies # meals _____</p>	<p>24 Corned Beef &amp; Cabbage, Boiled Potato, Carrots &amp; Turnip, Pineapple Delight # meals _____</p>	<p>25 Fish Cakes, Chow chow, Carrots, Vanilla Pudding with Cream # meals _____</p>
<p>28 Chips, Dressing &amp; Gravy- "A Newfie Mess", Peas, Straw-Fruit Cocktail Trifle # meals _____</p>	<p>29 Western Omelet, Home Fries, Tea Biscuit, Fruit Cocktail # meals _____</p>	<p>30 Ham &amp; Scalloped Potatoes, Wax Beans, Carrot Cake # meals _____</p>	<p>31 Cheeseburger with Lettuce &amp; Tomato, French Fries, Pear Halves # meals _____</p>	<p><b>MENU IS SUBJECT TO CHANGE</b> <i>Reminder: As of May 2018, there will be no substitutions to meal items.</i></p>

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