


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

**JANUARY Meals On Wheels Menu 2018**

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>1</p> <p><b>CENTRE CLOSED</b></p>	<p>2</p> <p>Liver &amp; Onions Mashed Potato, Broccoli, White Cake in Maple Sauce</p> <p># meals _____</p>	<p>3</p> <p>Meatloaf with Gravy, Mashed Potato, Corn, Blueberry Cheesecake</p> <p># meals _____</p>	<p>4</p> <p>Spaghetti &amp; Meatballs, Caesar Salad, Raspberry Swirl</p> <p># meals _____</p>	<p>5</p> <p>Haddock in Egg Sauce, Mashed Potato, Carrots, Spice Cake</p> <p># meals _____</p>
<p>8</p> <p>Chicken Parmesan, Rice, PEI Veggies, Peaches &amp; Cream</p> <p># meals _____</p>	<p>9</p> <p>Macaroni &amp; Cheese, Garden Salad, Homemade Roll, Butterscotch Caramel Pie</p> <p># meals _____</p>	<p>10</p> <p>Baked Ham, Scalloped Potato, Mixed Veggies, Brownies</p> <p># meals _____</p>	<p>11</p> <p>Shepherd's Pie, Homemade Roll, Coleslaw, Pineapple Upside-down Cake</p> <p># meals _____</p>	<p>12</p> <p>Salmon Loaf, Roasted Potatoes, Winter Mix Veggies, Coconut Poke Cake</p> <p># meals _____</p>
<p>15</p> <p>Pork Roast with Gravy, Mashed Potato, Peas &amp; Carrots, Chocolate Mousse</p> <p># meals _____</p>	<p>16</p> <p>Turkey Casserole, Homemade Roll, Garden Salad, Blueberry Pie</p> <p># meals _____</p>	<p>17</p> <p>¼ Baked Chicken with Cranberry Sauce, Rice, Corn, Carrot Cake</p> <p># meals _____</p>	<p>18</p> <p>Corned Beef &amp; Cabbage, Boiled Potato, Turnip &amp; Carrots, Date Square</p> <p># meals _____</p>	<p>19</p> <p>Fish Cakes, Chow Chow, Green Beans, Strawberry Jell-O with Cream</p> <p># meals _____</p>
<p>22</p> <p>Pork Chop in Mushroom Sauce, Mashed Potato, Mixed Veggies, Rice Pudding</p> <p># meals _____</p>	<p>23</p> <p>Chicken Stir Fry, Rice, Eggroll, Ginger Snap Cookies</p> <p># meals _____</p>	<p>24</p> <p>Beef Stroganoff, Coleslaw, Carrots, Blueberry Shortcake</p> <p># meals _____</p>	<p>25</p> <p>Macaroni Beef Casserole, Homemade Roll, Garden Salad, Pumpkin Muffin</p> <p># meals _____</p>	<p>26</p> <p>Mushroom Melt Haddock, Roasted Potato, Peas, Pineapple Delight</p> <p># meals _____</p>
<p>29</p> <p>Sweet &amp; Sour Meatballs, Rice, Corn, Fruit Cocktail</p> <p># meals _____</p>	<p>30</p> <p>Octoberfest Sausage with Sauerkraut, Mashed Potato, Mixed Veggies, Coconut Cream Pie</p> <p># meals _____</p>	<p>31</p> <p>Coq au Vin (Chicken in Wine Sauce), Broccoli, Mashed Potato, Applesauce Cake</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: Jan 5<sup>th</sup>, 2017


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 ☺

# JANUARY MOW Menu 2018

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

#meals  X \$7.00=

Monday (DELIVERY DAY)	Tuesday's meal <b>DELIVERED WED</b>	Wednesday (DELIVERY DAY)	Thursday's meal <b>DELIVERED FRI</b>	Friday (DELIVERY DAY)
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If you have any questions PLEASE Contact Meals on Wheels Coordinator: Jan Garrison- Phone:(902) 465-5578 ext. 216

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NAME ON IT TO ENSURE THAT YOU GET THE MEALS YOU WANT