

YOUR NAME: _____

NOVEMBER Meals On Wheels Menu 2018



WRITE the # of meals you'd LIKE in each #meals box WE ONLY DELIVER ON MON, WED AND FRI between 11:30am & 1:00pm

Monday -HOT MEAL DELIVERED MONDAY	Tuesday's COLD meal & Wednesday's -HOT MEAL DELIVERED ON WEDNESDAY		Thursday's COLD meal & Friday's HOT MEAL DELIVERED ON FRIDAY	
MONDAY (delivered HOT)	TUESDAY (delivered COLD)	WEDNESDAY (delivered HOT)	THURSDAY (delivered COLD)	FRIDAY (delivered HOT)
MENUS MUST BE RETURNED ONE WEEK BEFORE THE FIRST MEAL IS TO BE DELIVERED TO GUARANTEE DELIVERY				
FREEZER FRIENDLY MEALS are marked with a star-→→				
NOVEMBER 5 Chicken Parmesan, Buttery Egg Noodles, Peas & Carrots, Fruit Cocktail #meals _____	NOVEMBER 6 Bacon & Cheese Quiche, Cucumber Salad, Homemade Roll, Lemon Pie Square #meals _____	NOVEMBER 7 Beef Stew, Boiled Potato, Tea Biscuit, Spice Cake #meals _____	NOVEMBER 8 Shephard's Pie, Homemade Roll, Coleslaw, Tapioca Pudding #meals _____	NOVEMBER 9 Herb-Crusted Haddock, Roasted Potato, Green Beans, Strawberry Shortcake #meals _____
NOVEMBER 12 CENTRE CLOSED- NO MEAL DELIVERY	NOVEMBER 13 Roast Beef Sandwich with Gravy, Home Fries, Peas, Choc Chip Cookies #meals _____	NOVEMBER 14 Breaded Chicken Breast with Cranberry Sauce, Broccoli, Smashed Potato, Pineapple Delight #meals _____	NOVEMBER 15 Hearty Chilli, Corn Bread, Fruited Jell-O #meals _____	NOVEMBER 16 Lemon Pepper Haddock, Mashed Potato, PEI Veggies, Apple Crisp with Cream #meals _____
NOVEMBER 19 Sweet & Sour Meatballs, Mashed Potato, California Blend Veggies, Vanilla Pudding #meals _____	NOVEMBER 20 Chicken Caesar Wrap, Potato Salad, Coleslaw, Cinnamon Roll #meals _____	NOVEMBER 21 BBQ Pork Chop, Rice, Wax Beans, Blueberry Cheesecake #meals _____	NOVEMBER 22 Corned Beef & Cabbage, Carrots & Turnip, Boiled Potato, Banana Cream Pie Square #meals _____	NOVEMBER 23 Haddock in Hollandaise Sauce, Potato Hash, Buttered Carrots, Lemon Cake #meals _____
NOVEMBER 26 Honey Garlic ¼ Chicken, Baked Potato, Peas & Carrots, Peaches & Cream #meals _____	NOVEMBER 27 Macaroni & Cheese, Homemade Roll, Green Beans, Carrot Muffin #meals _____	NOVEMBER 28 Baked Ham, Scalloped Potato, Mixed Veggies, Strawberry Jell-O with Cream #meals _____	NOVEMBER 29 Meatloaf with Gravy, Brussel Sprouts, Mashed Potato, Applesauce Cake with Cream #meals _____	NOVEMBER 30 Fish Cakes, Chow Chow, Mixed Veggies, Pineapple Tidbits #meals _____

RETURN YOUR MENU WITH THE DRIVER ONE WEEK BEFORE MEALS ARE DELIVERED PLEASE MAKE PAYMENT TO DSSC BY: Wed, Nov 7th 2018



Number of meals ___ X \$8.00= \$_____ + One-Time Only Set-Up Fee \$10.00 TOTAL = \$_____ (new clients only)

QUESTIONS?- CALL Jan Garrison- (902) 465-5578 ext. 216 or email me at j.garrison@dartmouthseniors.ca Receipts available upon request ☺

NOVEMBER MOW Menu 2018

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

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