

☺ YOUR NAME _____

JANUARY Meals on Wheels Menu 2019 →

Fill this copy out & return with driver



WE DELIVER MONDAYS, WEDNESDAYS & FRIDAYS BETWEEN 11:30 am & 1:00 pm To order, write the # of meals you would like BELOW each meal.

MONDAY'S HOT MEAL	WEDNESDAY'S COLD MEAL	WEDNESDAY'S HOT MEAL	FRIDAY'S COLD MEAL	FRIDAY'S HOT MEAL
MEALS MUST BE ORDERED ONE WEEK IN ADVANCE TO GUARANTEE DELIVERY FREEZER FRIENDLY MEALS are marked with a star → ★	JANUARY 1 CENTRE IS CLOSED	JANUARY 2 Roast Beef Dinner with Gravy, Mashed Potato, Carrots, Vanilla Cake # of meals ____	★ JANUARY 4 Deep Dish Turkey Dinner, Roasted Potato, Veggie Hash, Jell-O with Cream # of meals ____	JANUARY 4 Salmon Burger, Rosemary & Lemon Potato, Coleslaw, Nova Scotia Trifle # of meals ____
★ JANUARY 7 Chicken Penne with Blush Sauce, Italian Green Beans, Garlic Bread, Apple Danish # of meals ____	JANUARY 9 Cabbage Roll Casserole, Parsley Carrots, Chive Tea Biscuit, Tangy Lemon Loaf # of meals ____	JANUARY 9 Breakfast Quiche, Taters, Creamed Peas, Fruit Muffin # of meals ____	JANUARY 11 Crispy Quarter Chicken, Bean Salad, Potato Salad, Berry Crumble # of meals ____	JANUARY 11 Seafood Casserole in Tomato Sauce (no shellfish), Veggie Rice, Tea Biscuit, Vanilla Cupcake # of meals ____
JANUARY 14 Creamy Mac & Cheese, Broccoli, Dinner Roll, Banana Bread # of meals ____	★ JANUARY 16 Pork Loin & Mushroom Sauce, Steamed Rice, Country Veggies, Buttercream Choc. Cake # of meals ____	JANUARY 16 Chicken Pot Pie, Roasted Baby Potato, Coleslaw, Vanilla Pudding # of meals ____	JANUARY 18 Corned Beef & Cabbage, Boiled Potato, Carrots & Turnip, Fruited Jell-O # of meals ____	JANUARY 18 Fresh Baked haddock, Roasted Potato Wedges, Creamed Corn, Bread Pudding # of meals ____
JANUARY 21 Lasagna, Garlic Bread, Coleslaw, Chocolate Pudding # of meals ____	JANUARY 23 Liver & Onions, Mashed Potato, Veggie Hash, Cinnamon Coffee Cake # of meals ____	JANUARY 23 Breakfast for Lunch-Scrambled Eggs, Sausage, Home Fries, Berry Muffin # of meals ____	★ JANUARY 25 Baked Ham, Scalloped Potato, Broccoli, Fruit Cocktail # of meals ____	JANUARY 25 Cheesy Fish Melt, Veggie Salad, Soft Bread Sticks, Fruited Jell-O # of meals ____
JANUARY 28 Chicken Fettuccine Alfredo, Peas, Parmesan Bread, Yogurt & Jell-O Parfait # of meals ____	JANUARY 30 Beef Stew, Mashed Potato, Tea Biscuit, Gingerbread Cake # of meals ____	★ JANUARY 30 Orange Glazed Chicken Thigh, Sweet Potato Mash, Ginger Carrots, Pineapple Tidbits # of meals ____	February 1 Shepherd's Pie, Cauliflower, Tea Biscuit, Raspberry Jell-O & Choc. Wafer # of meals ____	February 1 Salt Cod Fish Cakes, Chow chow, Baked Bean, Roll, Cream Cake Squares # of meals ____

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



Please make payment to the DSSC by: **Mon, Jan 7/19-** Cheques should be made payable to the Dartmouth Seniors Service Centre ☺

CALL (902) 465-5578 ext. 216 or email i.garrison@dartmouthseniors.ca with any questions.

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QUESTIONS?- Contact: Jan Garrison- (902) 465-5578 ext. 216 or email me at j.garrison@dartmouthseniors.ca

