


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

**JUNE 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**

Monday -HOT MEAL (DELIVERY DAY)	Tuesday's meal → DELIVERED WEDNESDAY	Wednesday -HOT MEAL (DELIVERY DAY)	Thursday's meal → DELIVERED FRIDAY	Friday -HOT MEAL (DELIVERY DAY)	
		<p><b>★ Freezer Friendly Meals</b>            Monday June 4, Friday June 15            Thursday June 21, Tuesday June 26</p>		<p>MENU IS SUBJECT TO CHANGE</p>	<p>1            Salmon Loaf,            Mashed Potato, Peas,            Lime Jell-O w Cream            # meals _____</p>
<p>4            Honey Garlic Meatballs,            Roasted Potato,            Mixed Veggies,            Chocolate Mousse            # meals _____ ★</p>	<p>5            Macaroni &amp; Cheese,            Garden Salad,            Homemade Roll,            Ginger Snap Cookies            # meals _____</p>	<p>6            Roasted Pork with            Gravy, Mashed Potato,            Carrots,            Peaches in Orange Jell-O            # meals _____</p>	<p>7            Beef &amp; Tomato            Goulash, Coleslaw,            Homemade Roll,            Vanilla Pudding            # meals _____</p>	<p>8            Seafood Casserole (no            shellfish), Egg Noodles,            Broccoli,            Fruit Cocktail            # meals _____</p>	
<p>11            Savory Stuffed Meatloaf            with Gravy, Mashed            Potato, Carrots,            Apple Turnovers            # meals _____</p>	<p>12            Pulled BBQ Chicken            on a Bun,            Potato Salad, Coleslaw,            Chocolate Cream Pie            Square            # meals _____</p>	<p>13            Roast Beef with Gravy,            Mashed Potato,            Green Beans,            Gingerbread with Cream            # meals _____</p>	<p>14            Corned Beef Hash,            Baby Greens Salad,            Homemade Roll,            Banana Pudding w Cream            # meals _____</p>	<p>15            Mic Mac Haddock,            Roasted Potato,            Mixed Veggies,            Upside-down Pineapple Cake            # meals _____ ★</p>	
<p>18            Baked Ham,            Boiled Potato,            Peas &amp; Carrots,            Chocolate Pudding w Cream            # meals _____</p>	<p>19            Chicken Pot Pie,            Homemade Roll,            Tossed Salad,            Brownie            # meals _____</p>	<p>20            Cold Plate: Sliced Ham,            Potato Salad, Pasta            Salad, Homemade Roll,            Coconut Poke Cake            # meals _____</p>	<p>21            Corned Beef &amp;            Cabbage, Boiled Potato,            Carrots &amp; Turnip,            Rice Pudding            # meals _____ ★</p>	<p>22            Fish Cakes,            Chow Chow,            PEI Blend Veggies,            Applesauce Cake            # meals _____</p>	
<p>25            Apricot-Orange            Glazed ¼ Chicken,            Roasted Potato,            Carrots,            Vanilla Cake            # meals _____</p>	<p>26            Stuffed Chicken Breast,            Buttery Egg Noodles,            Peas,            Grape Jell-O w Cream            # meals _____ ★</p>	<p>27            Teriyaki Pork,            Rice,            Sweet Ginger Carrots,            Pineapple Delight            # meals _____</p>	<p>28            Spaghetti &amp; Meat Sauce,            Garlic Fingers,            Caesar Salad,            Blueberry Muffin            # meals _____</p>	<p>29            Grilled Haddock with Tartar            Sauce, Mashed Potato,            Garden Blend Veggies,            Spice Cake            # meals _____</p>	

**Number of meals \_\_\_\_\_ X \$7.00= \_\_\_\_\_ Please make payment to Dartmouth Seniors Service Centre by: WED, June 6<sup>th</sup>**


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 ☺

# JUNE MOW Menu 2018

Fill out and KEEP THIS COPY FOR YOURSELF ☺

#meals  X \$7.00=

Monday -HOT MEAL (DELIVERY DAY)	Tuesday's meal $\longrightarrow$ DELIVERED WEDNESDAY	Wednesday -HOT MEAL (DELIVERY DAY)	Thursday's meal $\longrightarrow$ DELIVERED FRIDAY	Friday -HOT MEAL (DELIVERY DAY)	
		<p align="center"><b>Freezer Friendly Meals</b></p> <p align="center">Monday June 4,      Friday June 15 Thursday June 21,    Tuesday June 26</p>		<p align="center">MENU IS SUBJECT TO CHANGE</p>	<p align="center">1 Salmon Loaf, Mashed Potato, Peas, Lime Jell-O w Cream # meals <input type="text"/></p>
<p align="center">4</p> <p align="center">Honey Garlic Meatballs, Roasted Potato, Mixed Veggies, Chocolate Mousse # meals <input type="text"/> ★</p>	<p align="center">5</p> <p align="center">Macaroni &amp; Cheese, Garden Salad, Homemade Roll, Ginger Snap Cookies # meals <input type="text"/></p>	<p align="center">6</p> <p align="center">Roasted Pork with Gravy, Mashed Potato, Carrots, Peaches in Orange Jell-O # meals <input type="text"/></p>	<p align="center">7</p> <p align="center">Beef &amp; Tomato Goulash, Coleslaw, Homemade Roll, Vanilla Pudding # meals <input type="text"/></p>	<p align="center">8</p> <p align="center">Seafood Casserole (no shellfish), Egg Noodles, Broccoli, Fruit Cocktail # meals <input type="text"/></p>	
<p align="center">11</p> <p align="center">Savory Stuffed Meatloaf with Gravy, Mashed Potato, Carrots, Apple Turnovers # meals <input type="text"/></p>	<p align="center">12</p> <p align="center">Pulled BBQ Chicken on a Bun, Potato Salad, Coleslaw, Chocolate Cream Pie Square # meals <input type="text"/></p>	<p align="center">13</p> <p align="center">Roast Beef with Gravy, Mashed Potato, Green Beans, Gingerbread with Cream # meals <input type="text"/></p>	<p align="center">14</p> <p align="center">Corned Beef Hash, Baby Greens Salad, Homemade Roll, Banana Pudding w Cream # meals <input type="text"/></p>	<p align="center">15</p> <p align="center">Mic Mac Haddock, Roasted Potato, Mixed Veggies, Upside-down Pineapple Cake # meals <input type="text"/> ★</p>	
<p align="center">18</p> <p align="center">Baked Ham, Boiled Potato, Peas &amp; Carrots, Chocolate Pudding w Cream # meals <input type="text"/></p>	<p align="center">19</p> <p align="center">Chicken Pot Pie, Homemade Roll, Tossed Salad, Brownie # meals <input type="text"/></p>	<p align="center">20</p> <p align="center">Cold Plate: Sliced Ham, Potato Salad, Pasta Salad, Homemade Roll, Coconut Poke Cake # meals <input type="text"/></p>	<p align="center">21</p> <p align="center">Corned Beef &amp; Cabbage, Boiled Potato, Carrots &amp; Turnip, Rice Pudding # meals <input type="text"/> ★</p>	<p align="center">22</p> <p align="center">Fish Cakes, Chow Chow, PEI Blend Veggies, Applesauce Cake # meals <input type="text"/></p>	
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If you have any questions PLEASE Contact Meals on Wheels Coordinator: Jan Garrison~ Phone:(902) 465-5578 ext. 216  
**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 ☺**