



☺ **YOUR NAME:** _____ **AUGUST Meals On Wheels Menu 2018** **CLEARLY WRITE** the # of meals you would like in each # meals box

MEALS ON WHEELS ONLY DELIVERS ON MONDAYS, WEDNESDAYS AND FRIDAYS between 11:30am & 1:00pm

<p>Monday -HOT MEAL only DELIVERED MONDAY between 11:30am &</p>	<p>Tuesday's COLD meal & Wednesday's -HOT MEAL DELIVERED ON WEDNESDAY) between 11:30am & 1:00pm</p>		<p>Thursday's COLD meal & Friday's HOT MEAL DELIVERED ON FRIDAY between 11:30am & 1:00pm</p>	
<p>MONDAY (delivered HOT)</p>	<p>TUESDAY (delivered COLD)</p>	<p>WEDNESDAY (delivered HOT)</p>	<p>THURSDAY (delivered COLD) FRIDAY (delivered HOT)</p>	
<p> ★ Freezer Friendly Meals August 13, 24, 27, 30  REMINDER: We are closed on Monday Aug, 6th, so if you would like to order extra meals on August 2nd or 3rd, please just indicate the number you would like in the # of meals box.</p>				
<p>AUGUST 6 CLOSED FOR NATAL DAY- NO MEAL DELIVERY</p>	<p>AUGUST 7 Hot Pork Roast Sandwich with Gravy, Roasted Potato, Carrot-Turnip Casserole, Cinnamon Roll # meals _____</p>	<p>AUGUST 8 Chicken Penne Casserole in Cream Sauce, Peas, Spinach Salad, Gingerbread # meals _____</p>	<p>AUGUST 9 Macaroni Beef Roll, Garden Salad, Fruited Jell-O with Cream # meals _____</p>	<p>AUGUST 10 Haddock in Hollandaise, Mashed Potato, Peas & Carrots, Applesauce Cake # meals _____</p>
<p>★ AUGUST 13 Honey Garlic Meatballs, Rice, Mixed Veggies, Apple Turnover # meals _____</p>	<p>AUGUST 14 Pancakes with Syrup & Strawberries, Sausages, Pineapple Delight # meals _____</p>	<p>AUGUST 15 BBQ ¼ Chicken, Roasted Potato, Wax Beans, Brownie # meals _____</p>	<p>AUGUST 16 Corned Beef & Cabbage, Boiled Potato, Carrots & Turnip, Peaches & Cream # meals _____</p>	<p>AUGUST 17 Salmon in Dill Sauce, Pan Fried Potato Wedges, Green Beans, Vanilla Cake # meals _____</p>
<p>AUGUST 20 Meatloaf with Gravy, Mash Potato, Cauliflower & Sweet Peppers, Rice Pudding # meals _____</p>	<p>AUGUST 21 Roast Beef with Gravy, Mashed Potato, Peas, Raspberry Swirl # meals _____</p>	<p>AUGUST 22 Ham & Scalloped Potato, Garden Blend Veggies, Pumpkin Pie Squares # meals _____</p>	<p>AUGUST 23 Cold Plate: Variety of Cold Meats, Fresh Salads, Homemade Roll, Apple Crisp with Cream # meals _____</p>	<p>★ AUGUST 24 Fish Cakes, Chow Chow, Diced Carrots, Blueberry Cake with Cream # meals _____</p>
<p>★ AUGUST 27 Chicken Parmesan, Pasta with Tomato Sauce, Glazed Carrots, Fruit Cocktail # meals _____</p>	<p>AUGUST 28 Macaroni & Cheese, Garden Salad, Homemade Roll, Upside-down Pineapple Cake # meals _____</p>	<p>AUGUST 29 Pork Chop in Mushroom Sauce, Rice, Fresh Buttered Cabbage, Blueberry Cheesecake # meals _____</p>	<p>★ AUGUST 30 Pepperoni Pizza, Caesar Salad, Chocolate Pie Squares # meals _____</p>	<p>AUGUST 31 Herb-Crusted Haddock, Mashed Potato, Broccoli, Apple Buckle with Cream # meals _____</p>



Number of meals _____ X \$7.00= _____ **Please make payment to Dartmouth Seniors Service Centre by: WED, Aug 8/18**

QUESTIONS?- CALL Jan Garrison- (902) 465-5578 ext. 216 or email me at j.garrison@dartmouthseniors.ca **PLEASE WRITE YOUR NAME ABOVE!** ☺

AUGUST MOW Menu 2018

Fill out and KEEP THIS COPY FOR YOURSELF ☺

#meals X \$7.00=

Monday -HOT MEAL only DELIVERED MONDAY between 11:30am &	Tuesday's COLD meal & Wednesday's -HOT MEAL DELIVERED ON WEDNESDAY) between 11:30am & 1:00pm		Thursday's COLD meal & Friday's HOT MEAL DELIVERED ON FRIDAY between 11:30am & 1:00pm	
MONDAY (delivered HOT)	TUESDAY (delivered COLD)	WEDNESDAY (delivered HOT)	THURSDAY (delivered COLD)	FRIDAY (delivered HOT)
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <p>★ Freezer Friendly Meals ★</p> <p>August 13, 24, 27, 30</p> </div>  </div> <p>REMINDER: We are closed on Monday Aug, 6th, so if you would like to order extra meals on August 2nd or 3rd, please just indicate the number you would like in the # of meals box.</p>				
<p>AUGUST 6</p> <p>CLOSED FOR NATAL DAY- NO MEAL DELIVERY</p>	<p>AUGUST 7</p> <p>Hot Pork Roast Sandwich with Gravy, Roasted Potato, Carrot-Turnip Casserole, Cinnamon Roll</p> <p># meals <input type="text"/></p>	<p>AUGUST 8</p> <p>Chicken Penne Casserole in Cream Sauce, Peas, Spinach Salad, Gingerbread</p> <p># meals <input type="text"/></p>	<p>AUGUST 9</p> <p>Macaroni Beef Roll, Garden Salad, Fruited Jell-O with Cream</p> <p># meals <input type="text"/></p>	<p>AUGUST 10</p> <p>Haddock in Hollandaise, Mashed Potato, Peas & Carrots, Applesauce Cake</p> <p># meals <input type="text"/></p>
<p>★ AUGUST 13</p> <p>Honey Garlic Meatballs, Rice, Mixed Veggies, Apple Turnover</p> <p># meals <input type="text"/></p>	<p>AUGUST 14</p> <p>Pancakes with Syrup & Strawberries, Sausages, Pineapple Delight</p> <p># meals <input type="text"/></p>	<p>AUGUST 15</p> <p>BBQ ¼ Chicken, Roasted Potato, Wax Beans, Brownie</p> <p># meals <input type="text"/></p>	<p>AUGUST 16</p> <p>Corned Beef & Cabbage, Boiled Potato, Carrots & Turnip, Peaches & Cream</p> <p># meals <input type="text"/></p>	<p>AUGUST 17</p> <p>Salmon in Dill Sauce, Pan Fried Potato Wedges, Green Beans, Vanilla Cake</p> <p># meals <input type="text"/></p>
<p>AUGUST 20</p> <p>Meatloaf with Gravy, Mash Potato, Cauliflower & Sweet Peppers, Rice Pudding</p> <p># meals <input type="text"/></p>	<p>AUGUST 21</p> <p>Roast Beef with Gravy, Mashed Potato, Peas, Raspberry Swirl</p> <p># meals <input type="text"/></p>	<p>AUGUST 22</p> <p>Ham & Scalloped Potato, Garden Blend Veggies, Pumpkin Pie Squares</p> <p># meals <input type="text"/></p>	<p>AUGUST 23</p> <p>Cold Plate: Variety of Cold Meats, Fresh Salads, Homemade Roll, Apple Crisp with Cream</p> <p># meals <input type="text"/></p>	<p>★ AUGUST 24</p> <p>Fish Cakes, Chow Chow, Diced Carrots, Blueberry Cake with Cream</p> <p># meals <input type="text"/></p>
<p>★ AUGUST 27</p> <p>Chicken Parmesan, Pasta with Tomato Sauce, Glazed Carrots, Fruit Cocktail</p> <p># meals <input type="text"/></p>	<p>AUGUST 28</p> <p>Macaroni & Cheese, Garden Salad, Homemade Roll, Upside-down Pineapple Cake</p> <p># meals <input type="text"/></p>	<p>AUGUST 29</p> <p>Pork Chop in Mushroom Sauce, Rice, Fresh Buttered Cabbage, Blueberry Cheesecake</p> <p># meals <input type="text"/></p>	<p>★ AUGUST 30</p> <p>Pepperoni Pizza, Caesar Salad, Chocolate Pie Squares</p> <p># meals <input type="text"/></p>	<p>AUGUST 31</p> <p>Herb-Crusted Haddock, Mashed Potato, Broccoli, Apple Buckle with Cream</p> <p># meals <input type="text"/></p>

Please make payment to Dartmouth Seniors Service Centre by: August 8/18

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