


 **YOUR NAME:** \_\_\_\_\_

# OCTOBER 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

<b>Monday -HOT MEAL DELIVERED MONDAY</b>	<b>Tuesday's COLD meal &amp; Wednesday's -HOT MEAL DELIVERED ON WEDNESDAY</b>		<b>Thursday's COLD meal &amp; Friday's HOT MEAL DELIVERED ON FRIDAY</b>	
<b>MONDAY (delivered HOT)</b>	<b>TUESDAY (delivered COLD)</b>	<b>WEDNESDAY (delivered HOT)</b>	<b>THURSDAY (delivered COLD)</b>	<b>FRIDAY (delivered HOT)</b>
<b>OCTOBER 1</b> ¼ Chicken Leg, with Cranberry Sauce, Mashed Potato, Brussel Sprouts, Rice Pudding #meals <input type="text"/>	<b>OCTOBER 2</b> Pancakes with Syrup, Breakfast Sausages, Home Fries, Banana Bread #meals <input type="text"/>	★ <b>OCTOBER 3</b> Honey Garlic Meatballs, Veggie Rice (celery, onion, peppers), Lemon Jell-O with Cream #meals <input type="text"/>	<b>OCTOBER 4</b> Turkey Dinner- Turkey with Gravy, Stuffing, Mashed Potato, Peas & Carrots, Pumpkin Pie Tarts #meals <input type="text"/>	<b>OCTOBER 5</b> Haddock in Hollandaise, Roasted Potato, Green Beans, Brownies #meals <input type="text"/>
<b>OCTOBER 8</b>  <b>CLOSED THANKSGIVING DAY-no delivery</b>	<b>OCTOBER 9</b> Liver & Onions, Mashed Potato, Peas, Fruit Cocktail Cake #meals <input type="text"/>	★ <b>OCTOBER 10</b> Chicken Stir Fry, Rice, Eggroll, Coconut Cream Pie Squares #meals <input type="text"/>	<b>OCTOBER 11</b> Roast Beef with Gravy, Mashed Potato, California Blend Veggies, Pineapple Delight #meals <input type="text"/>	<b>OCTOBER 12</b> Salmon Loaf, Roasted Potato, Broccoli, Gingerbread #meals <input type="text"/>
<b>OCTOBER 15</b> Beef Stroganoff with Egg Noodles, Mixed Veggies, Homemade Roll, Butterscotch Pudding #meals <input type="text"/>	<b>OCTOBER 16</b> Cheeseburger, French Fries, Coleslaw, Chocolate Cupcakes #meals <input type="text"/>	<b>OCTOBER 17</b> Chicken Pot Pie, Garden Salad, Cherry Cheesecake #meals <input type="text"/>	★ <b>OCTOBER 18</b> Corned Beef & Cabbage, Carrots & Turnip, Boiled Potato, Jell-O-Yogurt Parfait #meals <input type="text"/>	<b>OCTOBER 19</b> Mic Mac Haddock, Roasted Potato, Wax Beans, Apple Buckle with Cream #meals <input type="text"/>
★ <b>OCTOBER 22</b> Apricot-Orange Glazed ¼ Chicken, Roasted Potato, Carrots, Apple Turnovers #meals <input type="text"/>	<b>OCTOBER 23</b> Macaroni & Cheese, Garden Salad, Homemade Roll, Apple Pie #meals <input type="text"/>	<b>OCTOBER 24</b> Italian Baked Chicken, Rice, Buttered Cabbage, Peaches & Cream #meals <input type="text"/>	<b>OCTOBER 25</b> Swiss Steak, Baked Potato, Garden Blend Veggies, Vanilla Cake #meals <input type="text"/>	<b>OCTOBER 26</b> Fish Cakes, Chow chow, Buttered Carrots, Apple Crisp with Cream #meals <input type="text"/>
<b>OCTOBER 29</b> Meatloaf with Gravy, Roasted Potato, Pickled Beets, Pears #meals <input type="text"/>	★ <b>OCTOBER 30</b> Teriyaki Pork, Rice, Mixed Veggies, Poppyseed Cake #meals <input type="text"/>	<b>OCTOBER 31</b> Baked Ham, Scalloped Potato, Glazed Carrots, Carrot Cake #meals <input type="text"/>	<b>FREEZER FRIENDLY MEALS are marked with a star →</b> ★	



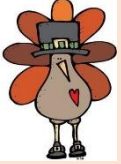

Please make payment to Dartmouth Seniors Service Centre by: Fri Oct 10, 7<sup>th</sup>/18

PLEASE RETURN THIS COPY TO THE MEALS ON WHEELS COORDINATOR WITH THE DRIVER AND MAKE SURE TO WRITE YOUR NAME AT THE TOP!!!

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

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

**OCTOBER MOW Menu 2018** Fill out and **KEEP THIS COPY FOR YOURSELF** 😊 #meals \_\_\_ X \$8.00= \_\_\_

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