


☺ YOUR NAME _____

MAY Meals on Wheels Menu 2019- Fill out this copy & send back with the driver ☺

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


MONDAY-DELIVERY DAY	<i>TUESDAY's meal delivered WED</i>	WEDNESDAY-DELIVERY DAY	<i>THURSDAY's meal delivered FRI</i>	FRIDAY-DELIVERY DAY
MEALS MUST BE ORDERED ONE WEEK IN ADVANCE TO GUARANTEE DELIVERY <i>Menu is subject to change</i>	FREEZER FRIENDLY MEALS are marked with a star → ★		★ May 2 Turkey a la King, Yellow Beans, Herbed Tea Biscuit, Jell-O Pudding Parfait # meals _____	May 3 Thick & Creamy Captain's Stew (no shellfish), Mashed Potato, Veggie Blend, Black Forest Cake # meals _____
May 6 Beef Noodle Goulash, Carrots & Squash, Dinner Roll, Peaches & Cream # meals _____	May 7 Corned Beef Hash, Sweet Turnip, Cheese Tea Biscuit, Butterscotch Roll # meals _____	May 8 Roast Beef Dinner with Gravy, Mashed Potato, Carrots, Vanilla Cake # meals _____	★ May 9 Deep Dish Turkey Dinner, Roasted Potato, Veggie Hash, Jell-O with Cream # meals _____	May 10 Salmon Loaf, Rosemary & Lemon Potato, Coleslaw, Nova Scotia Trifle # meals _____
★ May 13 Beef Stroganoff, Potato Hash, Green Beans, Apple Danish # meals _____	May 14 Cold Plate: Turkey, Roast Beef, Potato Salad & Veggie Pasta Salad, Pound Cake # meals _____	May 15 Savory Apple Stuffing Pork Roast with Gravy, Mashed Potato, Peas, Marble Cake Square # meals _____	May 16 Corned Beef & Cabbage, Boiled Potato, Carrots & Turnip, Fruited Jell-O # meals _____	★ May 17 Breaded Sole, Veggie Rice, Tea Biscuit, Vanilla Cupcake # meals _____
May 20 Creamy Mac & Cheese, Broccoli, Dinner Roll, Banana Bread # meals _____	May 21 Pork Loin & Mushroom Sauce, Mashed Potato, Country Veggies, Buttercream Choc. Cake # meals _____	May 22 Chicken Pot Pie, Roasted Baby Potatoes, Coleslaw, Vanilla Pudding # meals _____	★ May 23 Honey Garlic ¼ Chicken, Steamed Rice, Carrots, Fruited Jell-O # meals _____	May 24 Fresh Baked Haddock with Sweet Onion, Chive & Cheddar Mashed Potato, Peas, Bread Pudding # meals _____
May 27 Lasagna, Garlic Bread, Coleslaw, Chocolate Pudding # meals _____	May 28 Roasted Chicken Leg with Gravy Mashed Potato, Veggie Hash, Cinnamon Coffee Cake # meals _____	★ May 29 Baked Ham, Scalloped Potato, Broccoli, Fruit Cocktail # meals _____	May 30 Breakfast for Lunch-Pancake, Scrambled Eggs, Sausage, Home Fries, Berry Muffin # meals _____	May 31 Crispy Haddock, Veggie Salad, Dinner Roll, Fruited Jell-O # 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, May 6th/19-Cheques should be made payable to the Dartmouth Seniors Service Centre ☺

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

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