NAME:\_\_\_\_

## Meals on Wheels October 2025



## REGISTERED CLIENTS- Place order before Sept. 15th to avoid delivery disruption.

How to place order: Return completed sheet to driver, call 604-316-4047, online www.comserv.bc.ca/meals-on-wheels or email MOW@comserv.bc.ca

\*\*Items may be substituted with a similar item

NO SOUP with my meals

Date					·		
Date	Meal OPTION A \$9.25	Meal OPTION B \$9.25	# to order	\$	Sides (Need to be ordered with meal or sandwich)		
	Chicken Quesadilla with			\$3.50	Bean Salad		
Wednesday OCT 1		Cabbage Rolls, roasted potatoes,		\$3.00	Banana Chocolate Muffin		
	side of salsa. Served with soup of the day	vegetables. Served with soup of the day		\$4.00	Bacon Breakfast Sandwich		
	soup of the day	the day		\$4.00	Orange Scone		
	Number to order	Number to order		\$4.50	Lemon Loaf		
	Roast Pork,	Chicken Cacciatore on rice (Chicken simmered in tomato sauce and vegetables).  Served with soup of the day		\$3.50	Bean Salad		
Thursday	potatoes/gravy, & vegetables. Served with			\$3.00	Banana Chocolate Muffin		
OCT 2				\$4.00	Bacon Breakfast Sandwich		
	soup of the day	Served with soup of the day		\$4.00	Orange Scone		
	Number to order	Number to order			Lemon Loaf		
	Roasted Pepper, Bacon & Mushroom Quiche. Served	Butternut Squash Ravioli with tomato sauce & roasted vegetables. Served with soup of the day		\$3.50	Coleslaw Salad		
Monday				\$3.00	Maple Muffin		
OCT 6	with soup of the day			\$4.00	Bacon Breakfast Sandwich		
	with soup of the day			\$4.00	Cheese & Chives Scone		
	Number to order	Number to order		\$4.50	Bread Pudding		
	Cheese Burger Pie (ground beef, egg, onions, & cheese baked with biscuit mix) with soup of the day	Salmon Quiche with soup of the		\$3.50	Coleslaw Salad		
Tuesday				\$3.00	Maple Muffin		
OCT 7		day		\$4.00	Bacon Breakfast Sandwich		
	mix) with soup of the day			\$4.00	Cheese & Chives Scone		
	Number to order	Number to order		\$4.50	Bread Pudding		
	Pulled Pork Bun with baked beans & soup of the day	Rueben Sandwich and tater tots.		\$3.50	Coleslaw Salad		
Wednesday				\$3.00	Maple Muffin		
OCT 8		Served with soup of the day		\$4.00	Bacon Breakfast Sandwich		
				\$4.00	Cheese & Chives Scone		
	Number to order	Number to order		\$4.50	Bread Pudding		
				\$3.50	Calcalau Calcal		
				<b>33.30</b>	Coleslaw Salad		
Thursday	Sweet & Sour Pork with	Grilled Ham & Cheese Sandwich.		-	Maple Muffin		
Thursday OCT 9	Chow mein & Stir fry with	Grilled Ham & Cheese Sandwich. Served with soup of the day		\$3.00			
-				\$3.00 \$4.00	Maple Muffin		
-	Chow mein & Stir fry with			\$3.00 \$4.00	Maple Muffin Bacon Breakfast Sandwich		
-	Chow mein & Stir fry with soup of the day  Number to order	Served with soup of the day	o deliv	\$3.00 \$4.00 \$4.00 \$4.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding		
OCT 9	Chow mein & Stir fry with soup of the day  Number to order	Served with soup of the day  Number to order	o deliv	\$3.00 \$4.00 \$4.00 \$4.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding		
OCT 9	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted	Served with soup of the day  Number to order	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding oday		
OCT 9  Monday OCT 13	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup	Served with soup of the day  Number to order  Happy THANKSGIVING - N	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad		
OCT 9  Monday OCT 13  Tuesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots &	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin		
OCT 9  Monday OCT 13  Tuesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots &	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich		
OCT 9  Monday OCT 13  Tuesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00 \$4.00	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone		
OCT 9  Monday OCT 13  Tuesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00 \$4.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie		
OCT 9  Monday OCT 13  Tuesday OCT 14	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$4.00 \$4.00 \$4.50 \$3.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Coday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with	lo deliv	\$3.00 \$4.00 \$4.50 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00 \$4.00 \$4.50 \$3.50 \$3.50 \$3.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00 \$4.00 \$4.50 \$3.00 \$4.00 \$4.00 \$4.00 \$4.00	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage &	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Coday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order  Mushroom, Broccoli & Cheese Frittata with soup	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage & sauerkraut. Served with soup of	lo deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.00 \$4.00 \$4.50 \$3.50 \$	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15  Thursday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage &	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.00 \$4.50 \$3.00 \$4.00 \$4.50 \$3.50 \$3.00 \$4.00 \$4.50 \$3.50 \$3.50 \$3.00 \$4.00 \$4.50 \$3.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.00 \$4.50 \$3.50 \$3.00 \$4.50 \$3.00 \$4.50 \$3.00 \$4.00 \$5.00 \$	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15  Thursday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order  Mushroom, Broccoli & Cheese Frittata with soup of the day	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage & sauerkraut. Served with soup of the day	o deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.50 \$3.50 \$4.00 \$6.00 \$	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Coday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15  Thursday	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order  Mushroom, Broccoli & Cheese Frittata with soup	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage & sauerkraut. Served with soup of	lo deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Coday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15  Thursday OCT 16	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order  Mushroom, Broccoli & Cheese Frittata with soup of the day  Number to order  Shrimp Fettuccine Alfredo	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage & sauerkraut. Served with soup of the day  Number to order  Black Bean, Tomato, Corn &	lo deliv	\$3.00 \$4.00 \$4.00 \$4.50 /ery t \$3.50 \$3.00 \$4.00 \$4.00 \$4.50 \$3.50 \$3.00 \$4.00 \$4.00 \$4.50 \$3.50 \$4.00 \$4.50 \$4.50 \$3.50 \$4.00 \$4.50 \$	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Coday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Garden Salad		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15  Thursday OCT 16	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order  Mushroom, Broccoli & Cheese Frittata with soup of the day  Number to order  Shrimp Fettuccine Alfredo & Garlic toast. Served with	Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage & sauerkraut. Served with soup of the day  Number to order  Black Bean, Tomato, Corn & Cheese Quesadilla served with	lo deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.00 \$4.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie		
OCT 9  Monday OCT 13  Tuesday OCT 14  Wednesday OCT 15  Thursday OCT 16	Chow mein & Stir fry with soup of the day  Number to order  Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order  Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order  Mushroom, Broccoli & Cheese Frittata with soup of the day  Number to order  Shrimp Fettuccine Alfredo	Served with soup of the day  Number to order  Happy THANKSGIVING - N  Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order  BBQ Chicken thighs on rice with vegetables. Served with soup of the day  Number to order  Perogies, farmer sausage & sauerkraut. Served with soup of the day  Number to order  Black Bean, Tomato, Corn &	lo deliv	\$3.00 \$4.00 \$4.00 \$4.50 <b>/ery t</b> \$3.50 \$3.00 \$4.00 \$4.00 \$4.50 \$3.00 \$4.00 \$4.00 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50 \$3.50 \$4.00 \$4.50 \$3.50	Maple Muffin Bacon Breakfast Sandwich Cheese & Chives Scone Bread Pudding  Oday  Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Greek Salad Oat & Apple Crumble Top Muffin Bacon Breakfast Sandwich Triple Citrus Scone Oatmeal Raisin Cookie Garden Salad Blueberry Streusel Muffins		

			\$3.50	Garden Salad
Tuesday OCT 21	Gumbo Stew (with chicken sausage) on rice. Served with soup of the day	Butter Chicken on rice & vegetables. Served with soup of the day	\$3.00	Blueberry Streusel Muffins
			\$4.00	Bacon Breakfast Sandwich
			\$4.00	Ham & Cheese Scone
	Number to order	Number to order	\$4.50	Pineapple Upside Down Cake
Wednesday OCT 22	Salisbury Steak, Potatoes, Gravy & Vegetables. With soup of the day	Roasted Vegetable Quiche. Served with soup of the day	\$3.50	Garden Salad
			\$3.00	Blueberry Streusel Muffins
			\$4.00	Bacon Breakfast Sandwich
			\$4.00	Ham & Cheese Scone
	Number to order	Number to order	\$4.50	Pineapple Upside Down Cake
Thursday OCT 23	BBQ Chicken thighs, Potato tots & Vegetables. Served with soup of the day		\$3.50	Garden Salad
		Salmon Cakes with Rice &	\$3.00	Blueberry Streusel Muffins
		Vegetables. With soup of the day	\$4.00	Bacon Breakfast Sandwich
			\$4.00	Ham & Cheese Scone
	Number to order	Number to order	\$4.50	Pineapple Upside Down Cake
			\$3.50	Potato Salad
Monday OCT 27	Chicken Fingers, fries & pickled vegetables. Served with soup of the day	Fish & Chips. Served with soup of the day	\$3.00	Apple Cinnamon Muffins
			\$4.00	Bacon Breakfast Sandwich
			\$4.00	Raspberry Scone
	Number to order  Fettuccini Alfredo (pasta with creamy white sauce).  Served with soup of the day	Shepherds Pie, roasted potatoes and vegetables. Served with soup	\$4.50	Chocolate Pudding
			\$3.50	Potato Salad
Tuesday OCT 28			\$3.00	Apple Cinnamon Muffins
			\$4.00	Bacon Breakfast Sandwich
		of the day	\$4.00	Raspberry Scone
	Number to order	Number to order	\$4.50	Chocolate Pudding
	Roast beef, gravy with		\$3.50	Potato Salad
Wednesday OCT 29	roasted turnips &	Spaghetti and Meatballs. Served	\$3.00	Apple Cinnamon Muffins
	vegetables. Served with	with soup of the day	\$4.00	Bacon Breakfast Sandwich
	soup of the day	•	\$4.00	Raspberry Scone
	Number to order	Number to order	\$4.50	Chocolate Pudding
Thursday OCT 30	Steak and Mushroom pie. Served with soup of the day	Salmon Quiche with soup of the	\$3.50	Potato Salad
			\$3.00	Apple Cinnamon Muffins
			\$4.00	Bacon Breakfast Sandwich
		ady	\$4.00	Raspberry Scone
	Nombraka	Numbers	\$4.50	Chocolate Pudding
	Number to order	Number to order	34.5U	Chocolate Fuduling

ALL FROZEN MEALS SERVED WITH SOUP OF THE DAY							
			Delivery	Delivery	Delivery		
Frozen Meals Order		Delivery	Thurs Oct	Thurs Oct	Thurs Oct		
	2	Thurs Oct 9	16	23	30		
Meal example add number to order	1	0	2	1	2		
Cabbage Rolls with potatoes & vegetables							
Roast Pork, potatoes/gravy, vegetables							
Baked Cod with rice pilaf & vegetables							
Turkey Potato & Gravy Bowl							
Chicken Pot Pie							
Mac, Beef & Tomato Casserole							
Chinese BBQ Pork, Rice & Stir Fry							
Lemon Herb Sole Fillet with Rice Pilaf & Vegetables							
Chicken Al La King on Noodles							
Salisbury Steak, Mashed Potatoes, Gravy & Vegetables							
Chicken Noodle Soup 16 OZ \$5.00							
Pea Soup 16 OZ \$5.00							