

Hot meals include soup & salad of the day
 Frozen meals include soup of the day
 Check if you **DO NOT** want:

Soup: Salad:

MEALS \$9.25 each Breakfast Sandwich \$ 4.50
 Hot Meals- include soup & salad of the day Mac & Cheese \$5.00
 Frozen Meals- include soup of the day Jumbo Muffin/ Banana Bread \$3.00
 Dessert/Fruit Salad/Puddings \$4.50

HAPPY CANADA DAY

No deliveries today



MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Tuna Melt with pasta salad		Frozen- Chicken Parmesan with noodles & garlic toast	
Pesto Chicken Sandwich with pasta palad		Frozen- Roasted Greek Drumsticks with rice & vegetables	
ADD ONS- must accompany a meal		Frozen- New England Breaded Haddock, green beans & sweet potatoes	
Sausage Breakfast Sandwich		Frozen- Loaded Mac & Cheese	
Jumbo Muffin			
Strawberry Mousse Cake			
Peach Cobbler		Frozen- Shepherds Pie	

MEALS- includes soup & salad of the day	# to order
BBQ Ribette with mashed potatoes & corn	
Tilapia Fish with Lemon Orzo & Veg	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Banana Bread	
Carrot Cake	
Lemon Meringue Pie	

MEALS- includes soup & salad of the day	# to order
Egg Salad Sandwich with Potato Salad	
Chicken Ceaser Wrap with Potato Salad	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Banana Bread	
Carrot Cake	
Lemon Meringue Pie	

MEALS- includes soup & salad of the day	# to order
Cheesy Ground Beef Skillet with Biscuit	
Homemade Chicken Pot Pie with Mashed Potatoes & Veg	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Banana Bread	
Carrot Cake	
Lemon Meringue Pie	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Pulled Pork Sliders with Fries		Frozen- Chicken Cordon Bleu with Alfredo Noodles & Vegetables	
Chicken Burger with Fries		Frozen- Coconut Chicken, rice & vegetables	
ADD ONS- must accompany a meal			
Bacon Breakfast Sandwich		Frozen- Sweet & Sour Pork on Rice	
Banana Bread		Frozen - Beef Stuffed Pepper & Rice Casserole	
Carrot Cake			
Lemon Meringue Pie		Frozen- Meatloaf Dinner	

MEALS- includes soup & salad of the day	# to order
Honey Dijon Pork Chops with Mashed Potatoes & Veg	
Chicken Bacon Ranch Casserole with Biscuit	
ADD ONS- must accompany a meal	
Sausage Breakfast Sandwich	
Jumbo Muffin	
3 Mini Bundt Cakes	
Ambrosia Salad	

MEALS- includes soup & salad of the day	# to order
Pancake, Egg & Sausage	
Turkey Dinner with stuffing, mashed potatoes & vegetables	
ADD ONS- must accompany a meal	
Sausage Breakfast Sandwich	
Jumbo Muffin	
3 Mini Bundt Cakes	
Ambrosia Salad	

MEALS- includes soup & salad of the day	# to order
Beef Sandwich with veggies & pickles	
Cold Plate with crackers & dip	
ADD ONS- must accompany a meal	
Sausage Breakfast Sandwich	
Jumbo Muffin	
3 Mini Bundt Cakes	
Ambrosia Salad	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Beef Ravioli with Garlic Toast		Frozen- Beef Ribette, mashed potatoes & corn	
Sweet & Sour Pork on rice		Frozen- Cheesy Ground Beef Skillet with Biscuit	
ADD ONS- must accompany a meal			
Sausage Breakfast Sandwich		Frozen- Tilapia Fish with Lemon Orzo & Veg	
Jumbo Muffin		Frozen- Homemade Chicken Pot Pie with Mashed Potatoes & Veg	
3 Mini Bundt Cakes			
Ambrosia Salad		Frozen- Pulled Pork Dinner with Mashed Potatoes & Veg	

MEALS- includes soup & salad of the day	# to order
BBQ Chicken Thighs with mashed potatoes & corn	
Beef & Broccoli on Rice	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Banana Bread	
Yogurt Parfait	
Tiramisu Mousse Cake	

MEALS- includes soup & salad of the day	# to order
Spaghetti & Meatballs with Garlic Toast	
Fish & Chips	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Banana Bread	
Yogurt Parfait	
Tiramisu Mousse Cake	

MEALS- includes soup & salad of the day	# to order
Pork Loin, Mashed Potatoes & Veg	
Chili Dogs with Fries	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Banana Bread	
Yogurt Parfait	
Tiramisu Mousse Cake	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Orange Chicken with Chow Mein Noodles		Frozen- Honey Dijon Pork Chops with Mashed Potatoes & Veg	
Cabbage Rolls & Perogies		Frozen- Pancake, Sausage & Scrambled Eggs	
ADD ONS- must accompany a meal			
Bacon Breakfast Sandwich		Frozen- Chicken Bacon Casserole	
Banana Bread		Frozen- Sweet & Sour Pork on Rice	
Yogurt Parfait			
Tiramisu Mousse Cake		Frozen- Turkey Dinner, with Stuffing, Mashed Potatoes & Veg	

MEALS- includes soup & salad of the day	# to order
Beef Dip & Fries	
Chicken Parmesan on Noodles	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Jumbo Muffin	
Blueberry Pie	
Chocolate Avalanche Cake	

MEALS- includes soup & salad of the day	# to order
Chicken Drumstick, Mashed Potatoes & Veg	
Breaded Haddock with Green Beans & Sweet Potatoes	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Jumbo Muffin	
Blueberry Pie	
Chocolate Avalanche Cake	

MEALS- includes soup & salad of the day	# to order
Beef Burger & Fries	
Chicken Quesadilla & Fries	
ADD ONS- must accompany a meal	
Bacon Breakfast Sandwich	
Jumbo Muffin	
Blueberry Pie	
Chocolate Avalanche Cake	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Shepherds Pie		Frozen- BBQ Chicken Thighs with Mashed Potatoes & Corn	
Loaded Mac & Cheese Casserole		Frozen- Orange Chicken with Chow Mein Noodles	
ADD ONS- must accompany a meal			
Bacon Breakfast Sandwich		Frozen- Spaghetti & Meatballs with Garlic Toast	
Jumbo Muffin		Frozen- Beef & Broccoli on Rice	
Blueberry Pie			
Chocolate Avalanche Cake		Frozen- Pork Loin, Mashed Potatoes & Veg	