

Monday August 3		Tuesday August 4	# to order	Wednesday August 5	# to order	Thursday August 6	# to order	FROZEN MEALS- Aug 6 delivery	# to order
NO DELIVERY TODAY		Meatloaf Sandwich & Coleslaw		Coconut Chicken on Rice		Tuna Melt & Pasta Salad		Chicken Parmesan with Noodles & Garlic Toast	
		Chicken Salad on Ciabatta Bread & Coleslaw		Beef Stuffed Peppers with Rice		Pesto Chicken Sandwich & Pasta Salad			
		Bagged Lunch- Turkey & Cheese Sandwich		Bagged Lunch- Turkey & Cheese Sandwich		Bagged Lunch- Turkey & Cheese Sandwich		Loaded Mac & Cheese	
		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Shepherds Pie	
		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich			
		Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Breaded Haddock with Green Beams & Sweet Potatoes	
	Strawberry Mousse Cake		Strawberry Mousse Cake		Strawberry Mousse Cake				
	Peach Cobbler		Peach Cobbler		Peach Cobbler			Roasted Greek Drumsticks with Rice & Veg	

Monday August 10	# to order	Tuesday August 11	# to order	Wednesday August 12	# to order	Thursday August 13	# to order	FROZEN MEALS- Aug 13 delivery	# to order
BBQ Ribette with mashed potatoes & corn		Egg Salad Croisant with Potato Salad		Cheesy Ground Beef Skillet with Biscuit		Pulled Pork Sliders with Fries		Chicken Cordon Bleu with Alfredo Noodles & Vegetables	
Tilapia Fish with Lemon Orzo & Veg		Chicken Ceaser Wrap with Potato Salad		Homemade Chicken Pot Pie with Mashed Potatoes & Veg		Chicken Burger with Fries			
Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Coconut Chicken, rice & vegetables	
Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich			
ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich			
Banana Bread		Banana Bread		Banana Bread		Banana Bread		Beef Stuffed Pepper & Rice Casserole	
Carrot Cake		Carrot Cake		Carrot Cake		Carrot Cake		Meatloaf Dinner	
Lemon Meringue Pie		Lemon Meringue Pie		Lemon Meringue Pie		Lemon Meringue Pie		Sweet & Sour Pork on Rice	

Monday August 17	# to order	Tuesday August 18	# to order	Wednesday August 19	# to order	Thursday August 20	# to order	FROZEN MEALS- Aug 20 delivery	# to order
Honey Dijon Pork Chops with potatoes & veg		Pancake, Egg & Sausage		Beef Sandwich with veggies & pickles		Beef Ravioli with Garlic Toast		BBQ Ribette with mashed potatoes & corn	
Chicken Bacon Ranch Casserole with Biscuit		Turkey Dinner with stuffing, potatoes & veg		Cold Plate with crackers & dip		Sweet & Sour Pork on rice			
Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Cheesy Ground Beef Skillet with Biscuit	
Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich			
ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		Tilapia Fish with Lemon Orzo & Veg	
Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Jumbo Muffin			
3 Mini Bundt Cakes		3 Mini Bundt Cakes		3 Mini Bundt Cakes		3 Mini Bundt Cakes		Homemade Chicken Pot Pie with Potatoes & Veg	
Ambrosia Salad		Ambrosia Salad		Ambrosia Salad		Ambrosia Salad		Pulled Pork Dinner	

Monday August 24	# to order	Tuesday August 25	# to order	Wednesday August 26	# to order	Thursday August 27	# to order	FROZEN MEALS- Aug 27 delivery	# to order
BBQ Chicken Thighs with potatoes & corn		Spaghetti & Meatballs with Garlic Toast		Pork Loin, Mashed Potatoes & Veg		Orange Chicken with Chow Mein Noodles		Honey Dijon Pork Chops with Mashed Potatoes & Veg	
Beef & Broccoli on Rice		Fish & Chips		Chili Dogs with Fries		Cabbage Rolls & Perogies			
Bagged Lunch- Chicken Salad Sandwich		Bagged Lunch- Chicken Salad Sandwich		Bagged Lunch- Chicken Salad Sandwich		Bagged Lunch- Chicken Salad Sandwich			
Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Turkey Dinner with stuffing, mashed potatoes & veg	
ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich		ADD ONS- must accompany a meal or sandwich			
Banana Bread		Banana Bread		Banana Bread		Banana Bread		Chicken Bacon Ranch Casserole with Biscuit	
Yogurt Parfait		Yogurt Parfait		Yogurt Parfait		Yogurt Parfait		Sweet & Sour Pork on rice	
Tiramisu Mousse Cake		Tiramisu Mousse Cake		Tiramisu Mousse Cake		Tiramisu Mousse Cake		Pancake, Egg & Sausage	

Monday August 31	# to order
Beef Dip & Fries	
Chicken Parmesan & Noodles	
Bagged Lunch- Salami, Cheese on Rye	
Sausage Breakfast Sandwich	
ADD ONS- must accompany a meal or sandwich	
Jumbo Muffin	
Choclate Avalanche Cake	
BlueBerry Pie	

Hot meals include soup & salad of the day

Frozen meals include soup of the day

Check if you DO NOT want:

Soup: ☐ Salad: ☐

Hot Meals- include soup & salad of the day \$9.25

Frozen Meals- include soup of the day \$9.25

Bagged Lunch- Sandwich & fruit salad \$7.00

Bacon/Sausage Breakfast Sandwich \$ 4.50

Extra Items- To be added to meals or sandwiches

Jumbo Muffin/ Banana Bread \$3.00

Dessert/Fruit Salad/Puddings \$4.50