

Monday Nov 2	# to order	Tuesday Nov 3	# to order	Wednesday Nov 4	# to order	Thursday Nov 5	# to order	FROZEN MEALS- Nov 5 delivery	# to order
Honey Garlic pork with brown rice & veg		Farmer's Breakfast (Sausage, Egg & Hash)		Beef & Mushroom Pot Pie with vegetables		Cabbage Rolls w/ Perogies & vegetables		Spaghetti & Meatballs with Garlic Toast	
Haddock Fish Dinner with roasted root vegetables		Ginger Beef w/ Chow Mein Noodles & veg		Pork Loin Dinner		Chicken Fajita Bowl		Sausage & Potato Skillet	
Bagged Lunch- Chicken Salad Sandwich		Bagged Lunch- Chicken Salad Sandwich		Bagged Lunch- Chicken Salad Sandwich		Bagged Lunch- Chicken Salad Sandwich		Greek Plate w/ Chicken Drumstick	
Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Greek Plate w/ Chicken Drumstick	
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		Loaded Mac & Cheese Casserole	
Apple Crisp		Apple Crisp		Apple Crisp		Apple Crisp			
Vanilla Pudding		Vanilla Pudding		Vanilla Pudding		Vanilla Pudding		Farmer's Breakfast (Sausage, Egg & Hash)	
Monday Nov 9	# to order	Tuesday Nov 10	# to order	Wednesday Nov 11	# to order	Thursday Nov 12	# to order	FROZEN MEALS- Nov 12 delivery	# to order
Garlic Butter Crusted Salmon with ancient grains and vegetables		Sausage Roll with brown rice & vegetables				Spinach & Feta Quiche with roasted root vegetables		Honey Garlic pork with rice & vegetables	
Western Omelette with Sausage Patty & vegetables		Honey Ginger Chicken Thighs with ancient grains & veg				Fish (Bass) with Cranberry Brown Rice & Veg			
Bagged Lunch- Salami Sandwich		Bagged Lunch- Salami Sandwich				Bagged Lunch- Salami Sandwich		Haddock Fish Dinner with roasted root vegetables	
Sausage Breakfast Sandwich		Sausage Breakfast Sandwich				Sausage Breakfast Sandwich		Ginger Beef w/ Chow Mein noodles	
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		Cabbage Rolls w/ Perogies & vegetables	
Mango Mousse Cake		Mango Mousse Cake				Mango Mousse Cake			
Coconut Pudding		Coconut Pudding				Coconut Pudding		Chicken Fajita Bowl	
Monday Nov 16	# to order	Tuesday Nov 17	# to order	Wednesday Nov 18	# to order	Thursday Nov 19	# to order	FROZEN MEALS- Nov 19 delivery	# to order
Beef Dumplings with Rice, quinoa & veg		Chicken Teriyaki with Spring Roll & veg		Meatball Pizza Sub & coleslaw		Beef Ravioli with vegetables & Garlic Toast		Garlic Butter Crusted Salmonwith ancient grains and vegetables	
Sausage & Potato Skillet		Ground Beef Mediterranean Casserole		Butter Chicken Drumsticks w/ brown rice & Naan		Alfredo Spinach & Cheese Caneloni with veg			
Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Bagged Lunch- Tuna Salad Sandwich		Western Omelette with Sausage Patty & veg	
Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Honey Ginger Chicken Thighs with ancient grains and 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		Spinach & Feta Quiche with roasted root veg	
Pumpkin Cheesecake		Pumpkin Cheesecake		Pumpkin Cheesecake		Pumpkin Cheesecake			
Chocolate Pudding		Chocolate Pudding		Chocolate Pudding		Chocolate Pudding		Fish (Bass) with Cranberry Brown Rice & Veg	
Monday Nov 23	# to order	Tuesday Nov 24	# to order	Wednesday Nov 25	# to order	Thursday Nov 26	# to order	FROZEN MEALS- Nov 26 delivery	# to order
Cajun Shrimp with ancient grains & veg		Air Fried Chicken, with coleslaw & quinoa salad		Sausage Roll with fried brown rice & vegetables		Farmer's Breakfast (Sausage, Egg & Hash)		Beef Dumplings with Rice, Quinoa & veg	
Beef & Mushroom Stroganoff on egg noodles & veg		Perogies w/ sausage & spinach		Cordon Bleu with Alfredo on whole wheat noodles		Asparagus & Cheese Quiche with roasted root vegetables			
Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Bagged Lunch- Egg Salad Sandwich		Sausage & Potato Skillet	
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			
Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Jumbo Muffin		Chicken Teriyaki with Spring Roll & veg	
Mini Cinnamon Roll		Mini Cinnamon Roll		Mini Cinnamon Roll		Mini Cinnamon Roll		Ground Beef Mediterranean Casserole	
Butterscotch Pudding		Butterscotch Pudding		Butterscotch Pudding		Butterscotch Pudding		Butter Chicken Drumsticks w/ brown rice & Naan	
Monday Nov 30	# to order								
Pork Souvlaki with herb potatoes & brown rice									
Honey Ginger Chicken Thighs with Ancient Grains & veg									
Bagged Lunch- Chicken Salad Sandwich									
Bacon Breakfast Sandwich									
ADD ONS- must accompany a meal or sandwich									
Lemon Poppyseed Loaf									
Tiramissu Mousse Cake									
Vanilla Pudding									

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 & Vanilla Yogurt \$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 \$4.50

Pudding \$2.50