

We think you'll like the new updated four-week menu!

Week 1

Monday

Hearty Vegetable Soup
Sweet and Sour Chicken Breast
Mouth Watering Pasta Primavera
Broccoli
Fruit Trifle

Wednesday

Chicken Noodle Soup
Sliced Porketta Roast
Potato Wedges Tossed in Seasoning
Delicious Dilled Carrots
Coconut Cream Pudding & Whipped Cream

Friday

Split Pea Soup
Sliced Baked Ham
Scalloped Potatoes
Whole Green Beans
Maple Butter Tart

Week 4

Monday

Potato Cheddar Soup
Bruschetta Chicken
Tastiest Rice Pilaf
A Side of Green Beans
Apple Crisp & Whipped Cream

Week 2

Monday

Cream of Broccoli Soup
Favourite Pork Chop Parmesan
A Scoop of Mashed Potatoes
Acorn Squash
Home-made Chocolate Chip Cookies

Wednesday

Beef Barley Soup
Shepherds Pie, Hearty Hamburger-Filled Dish Covered with Mashed Potatoes
A Side of Baby Carrots & Peas
Cheery Cherry Cheese Cake

Friday

Corn and Bacon Chowder
Seasoned & Roasted Chicken
Tastiest Oven Fried Rice
A Side of Creamed Peas
Pear Upside Down Cake

Wednesday

Chicken Rice Soup
Salisbury Steak
Baked Potato with Sour Cream
A Side of Peas and Carrots
Chocolate Brownie

Week 3

Monday

Tomato Rice Soup
Best Chicken Pot Pie
Mashed Potatoes
Mexi Style Corn
Chocolate Cup Cake

Wednesday

Italian Soup with sausage
Pasta in Marinara Sauce
Good Old Dad's Meatballs
A Homemade Roll
Raspberry Tart & Whipped Cream

Friday

Chicken Tortellini Soup
Slow-Roasted Beef
Mashed Potatoes & Beef Gravy
A Side of Turnips & Carrots
Lemon Snow & Whipped Cream

Friday

Tomato Macaroni Soup
Battered Haddock & Tarter Sauce
Oven Fried Potatoes & Onions
Side of Corn
Date Square

Supported by:

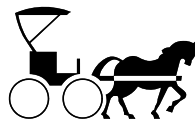


Some things to know about the MEALS ON WHEELS Menu:

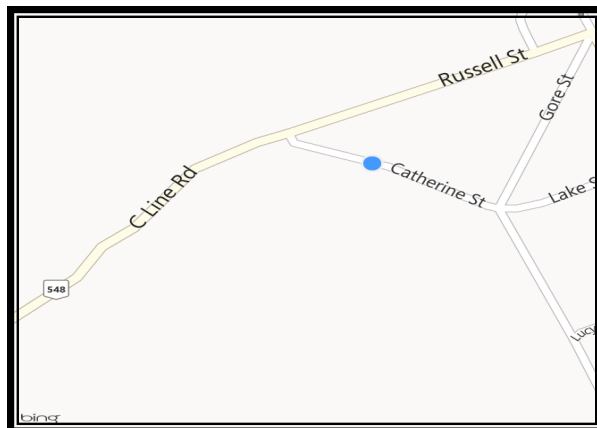
- ◆ We serve all of St. Joseph Island and from Echo Bay to the western border of Bruce Mines.
- ◆ No need to worry about having exact change, we will send you a monthly bill.
- ◆ As always, a substitute is available for fish.
- ◆ We try to accommodate dietary restrictions as much as possible.
- ◆ Sometimes we will surprise you! We cannot always get products and may need to improvise, but we always try to surprise you with something delicious!
- ◆ If you have some feedback, please fill out a comment card!
- ◆ As of March 1, 2015, a new subsidy scale was put into effect. Be sure to ask for a copy.
- ◆ Haven't tried it yet. It's GREAT FOOD! Why not try a free, sample meal...

FREE TRIAL MEAL

New Menu in effect starting on Week 1
Monday, November 16, 2015.



Dr. Harold S. Trefry Memorial Centre
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Richards Landing, ON P0R 1J0
Phone: 705-246-0036



Meals on Wheels Menu

Invigorate your life with good hearty hot food delivered to your door!



The Dr. Harold S. Trefry Memorial Centre

Currently delivering meals on Monday, Wednesday and Friday

To order, contact us at

Phone: 705-246-0036
Fax: 705-246-0249
dr.trefrycentre@one-mail.on.ca