

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

Week 1

Monday

Hearty Vegetable Soup
Chicken with Caramelized Onions
Mouth Watering Pasta Primavera
Green Beans
Cocktail Cake

Wednesday

Chicken Noodle Soup
Sliced Porketta Roast
Mashed Potatoes & Gravy
Delicious Dilled Carrots
Marmalade Pudding Cake

Friday

Split Pea Soup
Sliced Baked Ham
Scalloped Potatoes
Corn
Butter Tart Square

Week 4

Monday

Potato Cheddar Soup
Bruschetta Chicken
Tastiest Rice Pilaf
Vegetable Medley
Apple Berry Fruit Crisp

Week 2

Monday

Cream of Broccoli Soup
Meatloaf
A Scoop of Mashed Potatoes
Baked Beans
Home-made Chocolate Chip Cookies

Wednesday

Beef Barley Soup
Oven-crisp Chicken
Roasted Potatoes
Creamed Corn
Bread Pudding

Friday

Corn and Bacon Chowder
Pork Chop Parmesan
Tastiest Oven Fried Rice
Waxed Beans
Lemon Snow & Whipped Cream

Wednesday

Chicken Rice Soup
Salisbury Steak
Baked Potato with Sour Cream
A Side of Peas and Carrots
Raspberry Lemon Square

Week 3

Monday

Tomato Rice Soup
Best Chicken Pot Pie
Mashed Potatoes
Green Beans
Blueberry Buckle

Wednesday

Italian Soup with sausage
Shepherds Pie
Baby Carrots
Peas
Rhubarb Square

Friday

Chicken Tortellini Soup
Sliced Roast Beef
Mashed Potatoes & Gravy
A Side of Turnips & Carrots
Rice Pudding

Friday

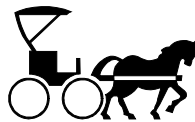
Tomato Macaroni Soup
Battered Haddock & Tarter Sauce
Oven Fried Potatoes & Onions
Cream Peas
Date Square

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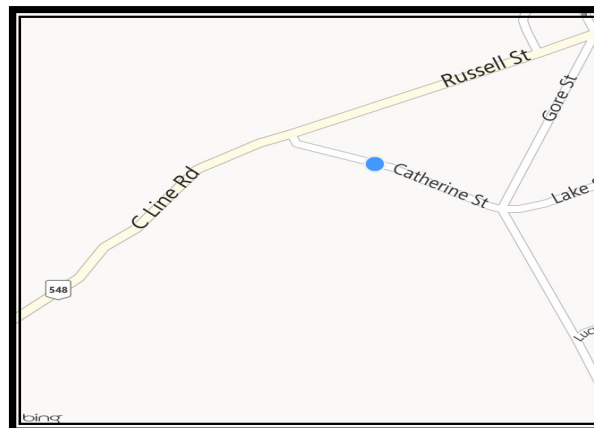


FREE TRIAL MEAL

4 week Menu updated Monday, March 27, 2017



Dr. Harold S. Trefry Memorial Centre
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Richards Landing, ON P0R 1J0
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www.northeastcss.ca



Some things to know about the
MEALS ON WHEELS Menu:

- ◆ We serve eight Municipalities:
Hilton, Village of Hilton Beach,
Jocelyn, St. Joseph, Johnson,
Laird, Tarbutt and MacDonald,
Meredith and Aberdeen.
- ◆ No need to worry about having
exact change, we will send you a
monthly bill.
- ◆ As always, a substitute is available
for fish and beef.
- ◆ We try to accommodate dietary
restrictions as much as possible.
- ◆ Sometimes we will surprise you
but you can always count on it be-
ing with something delicious!
- ◆ If you have some feedback, please
fill out a comment card!
- ◆ Be sure to ask for a copy of the
subsidy scale to see if you are
eligible for a lower rate.
- ◆ It's GREAT FOOD! Why not try a
free, sample meal.

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
Email: dr.trefrycentre@one-mail.on.ca