

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

Week 1

Monday

Cream of Mushroom Soup
Meatballs in Tomato Sauce
Pasta Primavera
Green Beans
Fruit Cocktail Cake

Wednesday

Chicken Noodle Soup
Sliced Roast Turkey w/Cranberries
Mashed Potatoes & Gravy
Dilled Carrots
Apple Crisp

Friday

French Onion Soup
Italian Sausage
Macaroni and Cheese
Waxed Beans
Lemon Snow

Week 2

Monday

Broccoli Cheddar Soup
Lasagna
Garlic Bread
Home-made Chocolate Chip Cookies

Wednesday

Beef Barley Soup
Italian Chicken
Roasted Potatoes
Broccoli
Queen Elisabeth Cake

Friday

Split Pea Soup
Sliced Baked Ham
Mashed Potatoes
Peas
Butter Tart Square

Week 3

Monday

Tomato Rice Soup
Best Chicken Pot Pie
Mashed Potatoes
Creamed Corn
Cherry Cheesecake

Wednesday

Italian Soup with sausage
Shepherds Pie
Baby Carrots
Peas
Gingerbread Cake

Friday

Chicken Tortellini Soup
Meatloaf
Mashed Potatoes & Gravy
Turnips & Carrots
Rice Pudding

Week 4

Monday

Potato Cheddar Soup
Pork Chop Breaded
Rice Pilaf
Vegetable Medley
Chocolate Mayo Cake

Wednesday

Chicken Rice Soup
Salisbury Steak w/Mushrooms and Onions
Mashed Potatoes and Gravy
Carrots
Raspberry Lemon Square

Friday

Tomato Macaroni Soup
Battered Haddock
Oven Fried Potatoes & Onions
Creamed Peas
Date Square



*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, beef or pork.
- ♦ 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.

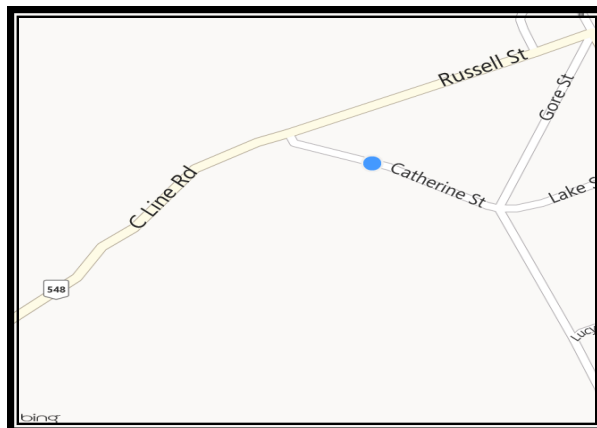


FREE TRIAL MEAL

4 week Menu updated Monday, September 8, 2020



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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