

# February 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TAHITIAN TALAPIA FILLET PARMESAN ROAST POTATO WEDGES VEGETABLES	2
3	4 TURKEY TETRAZINI FRESH BAKED ROLL VEGETABLES	5 SAVORY ROASTED PORK RICE PILAF VEGETABLES	6 CHEESEBURGER MEAT LOAF SCALLOPED POTATOES VEGETABLES	7 CHICKEN AND VEGETABLE STEW BAKED ROLL VEGETABLES	8 BBQ RIB ON A BUN PARTY POTATOES VEGETABLES	9
10	11 PIZZA CASSEROLE GARLIC BREAD VEGETABLES	12 ITALIAN SAUSAGE POTATOES AU GRATIN VEGETABLES	13 HONEY GLAZED HAM RAINBOW RICE VEGETABLES	14 CABBAGE ROLL CASSEROLE BOILED POTATOES VEGETABLES	15 LEMON PEPPER COD WITH ITALIAN CRUMB TOPPING BAKED POTATO VEGETABLES	16
17	18 <b>FAMILY DAY CLOSED CALL FOR FROZEN MEAL 519 736 5471</b>	19 SWEET & SOUR CHICKEN VEG FRIED RICE VEGETABLES	20 PORK CHOP ITALIANO PARSLIED BUTTERED NOODLES VEGETABLES	21 <b>CHEF'S SURPRISE!</b>	22 CHICKEN FAJITAS  VEGETABLES	23
24	25 SPAGHETTI & MEATBALLS GARLIC STICK VEGETABLES	26 CHICKEN AND DUMPLINGS DINNER ROLL VEGETABLES	27 DELICIOUS ROAST BEEF DINNER MASHED POTATOES VEGETABLES	28 BEEF WITH BROCCOLI & MUSHROOMS BUTTERED NOODLES VEGETABLES	<b>\$ 6.50/ meal payable once a month Lunch time delivery</b>	

**NOTE: ALL MEALS INCLUDE A PROTEIN, STARCH, VEGETABLES, SOUP, BREAD AND DESSERT**