

# February 2012 Standard Meal Service

519-660-1430

*Cancellations must be made no later than 11 am the day before your meal delivery*

Sunday Delivered on Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Delivered on Friday
			1 Pork Loin with Glazed Apple (R, G, NAS, D, M)	2 Southern Style Fried Chicken ( R, G, NAS, D, M)	3 Salisbury Steak (R, G, NAS, D, M)	4 Chicken Stew (R, G, NAS, D, M)
5 Macaroni Beef Casserole (R, G, NAS, D, M)	6 Grilled Chicken (R, G, NAS, D, M)	7 Beef Stew (R, G, NAS, D, M)	8 Baked Salmon in Lemon Dill Sauce (R, G, NAS, D, M)	9 Pulled Pork & Perogi (R, G, NAS, D) Pulled Pork (M)	10 Turkey a la King (R, G, NAS, D, M)	11 Lasagna (R, G, NAS, D, M)
12 BBQ Chicken (R, G, NAS, D, M)	13 Shepherd's Pie (R, G, NAS, D, M)	14 Pineapple Ham (R, G, D, M)  Pork Loin (NAS)	15 Coq au Vin (R, G, NAS, D, M)	16 Beef Stroganoff (R, G, NAS, D, M)	17 Whitefish (R, G, NAS, D, M)	18 Fettuccini Alfredo with Chicken (R, G, NAS, D, M)
19 Meatloaf (R, G, NAS, D, M)	20 <b>Family Day Office closed No meal delivery</b>	21 Chicken Stir Fry (R, G, NAS, D, M)	22 Macaroni & Cheese (R, G, NAS, D, M)	23 Roast Beef (R, G, NAS, D, M)	24 Bangers and Mash (R, G, NAS,D, M)	25 Grilled Chicken (R, G, NAS, D, M)
26 Baked Salmon in Lemon Dill Sauce (R, G, NAS, D, M)	27 Spaghetti (R, G, NAS, D, M)	28 Roast Turkey (R, G, NAS, D, M)	29 Sweet & Sour Pork (R, G, NAS, D, M)	<b>It's a Leap Year– February 29th!</b> It takes the earth about 365.2422 days or an extra 1/4 day each year to circle around the sun, so every 4 years we add one day to our calendar to account for the extra quarter day travel time!		