

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
Meals prepared by..... 			1 Meatballs with Gravy (R, G, NAS, D, M)	2 Shrimp Fettuccini (R, G, NAS, D, M)	3 Seasonal Summer Cold Plate (R, G, NAS, D, M) Chicken and salads, do not heat	4 Baked Ham (R, G, D, M) Pork Loin (NAS)
5 Macaroni Beef Casserole (R, G, NAS, D, M)	6 Labour Day Office closed No meal delivery	7 Grilled Chicken (R, G, NAS, D, M)	8 Turkey a la King (R, G, NAS, D, M)	9 Salisbury Steak (R, G, NAS, D, M)	10 Apple Cider Roast Pork Loin (R, G, NAS, D, M)	11 Sweet and Sour Chicken (R, G, NAS, D, M)
12 Beef Stew (R, G, NAS, D, M)	13 Chicken au Vin (R, G, NAS, D, M)	14 Turkey Breast (R, G, NAS, D, M)	15 Lasagna (R, G, NAS, D, M)	16 Baked Salmon in Lemon Sauce (R, G, NAS, D, M)	17 Steak & Mushroom Goulash (R, G, NAS, D, M)	18 Macaroni and Cheese (R, G, NAS, D, M)
19 Chicken Stir Fry (R, G, NAS, D, M)	20 Pineapple Glazed Ham (R, G, D, M) Pork Loin (NAS)	21 Spaghetti (R, G, NAS, D, M)	22 Chicken Stew (R, G, NAS, D, M)	23 Meatloaf (R, G, NAS, D, M)	24 BBQ Chicken (R, G, NAS, D, M)	25 Beef Bourguignon (R, G, NAS, D, M)
26 Roast Turkey (R, G, NAS, D, M)	27 Shepherd's Pie (R, G, NAS, D, M)	28 Roast Beef (R, G, NAS, D, M)	29 Baked Salmon in Dill Sauce (R, G, NAS, D, M)	30 Honey Mustard Glazed Pork Loin (R, G, NAS, D, M)		