




September & October 2018
 Reservations: 458-9482
 Cost: \$7.50 per meal

The Wheels to Meals program runs every Tuesday from September until May 29, 2018. We'd love to see more seniors at the table so please invite others to join us for a home-cooked meal, great company and local entertainment. The cost is \$7.50 per meal. Please call 458-9482 to make a reservation. **See other side for registration details.**

September 18 Welcome back!	Shepherd's Pie Tomato Slices & Coleslaw Fruit Crisp	The Wade Brothers
September 25	Chicken Leg & Herb Sauce Mashed Potato & Broccoli Carrot Cake	Jim Noseworthy
October 2 nd Bring a Friend!	Roast Pork & Gravy Mashed Potatoes & Turnips Pie Slice	Symphony New Brunswick Quartet
October 9 Happy Thanksgiving! 	Roast Turkey, Gravy & Stuffing Mashed Potatoes, Peas & Carrots Apple Crumble	Paul Leger
October 16	Spaghetti & Meat Sauce & Garlic bread Tomato & Cucumber slices & Coleslaw Chocolate Cake	Stepping Stone Troubadours

October 23	Chicken à la King on Biscuit Mashed Potato & Squash Bread Pudding	Stepping Stone Singers
October 30	Roast Ham & Chow Chow Scalloped Potatoes Peas & Coleslaw Dessert TBD	Band of Cougars

Registration information: Please call by **10:00 am on the Monday before the date you would like to attend.** Register for a day or for the season! The doors open at **11:00 am.** The meal is served between **11:30 am and 11:45 am.** Our volunteer entertainment performs from **12:15 pm – 12:45 pm.** The **program ends at 12:45 pm.**

If you need a drive or have any life-threatening allergies, please notify us when registering. ***Please note the menu is subject to change***

In the event of a school cancellation due to bad weather, Wheels to Meals will also be **CANCELLED.** Please call or email the office if you have any questions.

(506)458-9482 or **info@frederictonmealsonwheels.ca**

