



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

The Wheels to Meals program runs every Tuesday from September until May 28, 2019. 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.**

October 23	Chicken à la King on Biscuit Salad Bread Pudding	Stepping Stone Singers
October 30 HAPPY HALLOWEEN 3	Roast Ham & Chow Chow Scalloped Potatoes Peas & Carrots Cup Cakes	Band of Cougars
November 6	Roast Pork & Gravy Mashed Potatoes Beans & Turnips Fruit Crisp	Freddy Beach Boys
November 13	Chicken & Gravy Mashed Potatoes Peas & Carrots Carrot Cake	The Golden Club Singers
November 20	Lasagna Garlic Bread Tomato slices & Coleslaw Windsor Court dessert	J. Alex McGibbon

November 27	Chicken Cacciatore Potatoes, Carrots & Beans Bread Pudding	Adeline & Arlene
December 4	Roast Ham & Chow Chow Scalloped Potatoes Peas & Carrots Tarts	Elm City Echoes
December 11	Fredericton Inn	TBA

**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**

