



January & February 2019
 Reservations: 458-9482
 Cost: \$7.50 per meal

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

January 15 Welcome back!	Roast Pork & Gravy Mashed Potatoes Turnips & Beans Pie	River Valley Fiddlers
January 22	Chicken, Gravy & Stuffing Mashed Potatoes Peas & Carrots Dessert from Windsor Court	Paul Leger
January 29	Beef Goulash & Garlic bread Coleslaw & Tomato wedges Homemade Donuts	Jazz Light Group
February 5	Meatloaf & Gravy Mashed Potatoes Garden Mix Vegetables Carrot Cake	Peter & Maureen Steeves
February 12	Roast Ham & Chow-chow Scalloped Potatoes Peas & Beans Pie	Adeline & Arlene

February 19	Chicken Thighs Roasted Potatoes Broccoli & Carrots Dessert from Windsor Court	TBA
February 26	Roast Pork & Gravy Mashed Potatoes Garden Mix Vegetables Lemon Squares	Stepping Stone Singers

In the event of a school cancellation due to bad weather, Wheels to Meals will also be CANCELLED.

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***

Please call or email the office if you have any questions.

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

