



March & April 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.**

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|----------|----------------------------------------------------------------------------------|-------------------------------|
| March 5  | Shepherd's Pie & Gravy<br>Toss Salad & Tomato wedges<br>Fruit Crisp              | The Jammers                   |
| March 12 | Chicken Thighs & Gravy<br>Mashed Potatoes<br>Peas & Carrots<br>Blueberry Pie     | David Nielsen                 |
| March 19 | Roast Pork & Gravy<br>Mashed Potatoes<br>Turnip & Beans<br>Windsor Court Dessert | Freddy Beach Boys             |
| March 26 | Roast Ham & chow-chow<br>Scalloped Potatoes<br>Peas & Beans<br>Ginger Bread Cake | J. Alex McGibbon              |
| April 2  | Meatloaf & Gravy<br>Mashed Potatoes<br>Garden Mix Vegetables<br>Carrot Cake      | Stepping Stone<br>Troubadours |

|          |                                                                                              |                              |
|----------|----------------------------------------------------------------------------------------------|------------------------------|
| April 9  | Beef Goulash & Garlic bread<br>Coleslaw & Tomato wedges<br>Pie                               | Doucet Family Singers        |
| April 16 | Chicken & Dressing & Gravy<br>Mashed Potatoes<br>Broccoli & Carrots<br>Windsor Court Dessert | Devon Middle School<br>Group |
| April 23 | Roast Pork & Gravy<br>Mashed Potatoes<br>Garden Mix Vegetables<br>Banana Bread               | TBA                          |
| April 30 | Roast Ham & chow-chow<br>Scalloped Potatoes<br>Peas & Beans<br>Date Squares                  | Band of Cougars              |

**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**

[info@frederictonmealsonwheels.ca](mailto:info@frederictonmealsonwheels.ca)

