



Sept. 17<sup>th</sup> – Oct. 31<sup>st</sup>, 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.**

September 17	Chicken/Gravy Mashed Potatoes Peas and Carrots Cake/Fruit Sauce	David Neilson
September 24	Roast Pork & Gravy Mashed Potatoes Mixed Vegetables Bread Pudding/Sauce	Jim Noseworthy
October 1	Shepherd's Pie & Gravy Coleslaw and Tomato and Cucumber Wedges Brownies	Golden Club
October 8	Meatloaf & Gravy Mashed Potatoes Carrots and Green Beans Ginger Bread Cake	Freddy Beach Boys
October 15	Chicken with Stuffing and Gravy Mashed Potatoes Garden Mixed Vegetables Carrot Cake	Wade Brothers

October 22	Roast Ham & Chow Chow Scalloped Potatoes Garden Mixed Vegetables Date Squares	Doucet Family Singers
October 29	Lasagna Caesar Salad Tomato and Cucumber wedges Lemon Squares	J. Alex McGibbon

**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)**

