



FOOD *for* THOUGHT

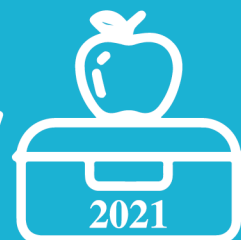
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LUNCHBOX KITCHEN

New Menu!



What a last couple of months it has been for us here at the Lunchbox Kitchen! January brought a whole new meaning to 'new' in the new year. We successfully developed and added recipes to accompany a brand-new menu. After reviewing the client surveys our summer students have helped us with over the last couple years, we noticed a few themes surfaced:

- Folks wanted to have cold entrees as an option, such as sandwiches for those with smaller appetites.
- New dietary preferences and needs surfaced (cardiac, renal and diabetic diets along with gluten allergies and sensitivities).
- The overall sense that some new dishes would be exciting to have on our menu rotation.

So that's what we did! We now have 2 options for a hot entree and 1 cold entree daily. We spruced up our salads with some new additions such as spinach

and cheese salad, added some variety and new flavours to our dishes, and overall, gave our clients more choices such as herbed pasta as a side, or having an extra serving of vegetables instead of a side of potato. We threw in some plant-based proteins such as a lentil salad and hearty bean chili not only providing healthy foods, but also to help accommodate our vegetarian palates.

With all these changes, our kitchen is a booming spot from 7-12:30 each day! We're so thankful to our dedicated kitchen staff who jumped in with us to make these changes. It was definitely a big learning curve for all of us - but it has paid off! We've heard great things from our clients. Stay tuned for more moving and shaking - who knows what else our little lunchbox kitchen can cook up!

Karrie, Registered Dietitian

PRESIDENT'S MESSAGE

Spring is finally here and things are starting to look up. Meals on Wheels has continued to increase the number of clients it served despite the challenges during these difficult times. In fact, we have delivered over 70,000 meals during our recently completed fiscal year, averaging over 200 meals daily from our own kitchen. The new menu has been very well received. This is all due to the hard work and dedication of our staff and volunteers. The board of directors continues to meet monthly via Zoom. It continues to be rewarding and a privilege to work with such a fine organization and group of people.

*Please take care of yourselves
& your families*

Jeff Deane
Respectfully,
Jeff Deane, President



*“Spring: a lovely reminder of how
beautiful change can truly be.”*

Mother's Day Dinner Fundraiser

**SATURDAY MAY 8, 2021
\$50 PER PERSON**

GRAB AND GO GOURMET MEAL

MOTHER'S DAY IS COMING RIGHT UP!

Only a few short weeks left to get your tickets. Let us do the work for a beautiful meal for you and your 'bubble' family and friends!



3-Course Gourmet Meal
By Private Chef Jeff Patterson

Tickets can be bought at:
<http://www.alsnbns.ca>
under the **DINNER** tab



FREDERICTON DIRECT CHARGE



United Way
Central N.B.



All Proceeds
SUPPORT





Forever Grateful

Meals on Wheels is saying goodbye and thank you to York Care Center Food Services. They have provided meals for our clients for over 20 years. Our Meals on Wheels kitchen was ready in January 2021 to increase the number of meals at our own facility. We are so grateful for this long standing partnership.



Here's to Lots of Warm Sunny Days to Come!

We are thinking of all of our clients and volunteers at Wheels to Meals. We will resume our Tuesdays together as soon as it is safe to do so. Until then, wishing you a wonderful spring season full of happiness & good times!



ADOPT A GRANDPARENT ELDER GROUP SERVICES

Adopt a Grandparent/Elder Fredericton (AGE) is a free not for profit service pairing older and younger adults for mutual benefit and support. They also offer timely services to Fredericton Seniors. If you or someone you know could use some help please contact us:

 (506) 261 - 6551

 adoptanelder@outlook.com

THE FOLLOWING SERVICES ARE NOW OFFERED IN THE FREDERICTON REGION:



VACCINE ASSISTANCE FOR OLDER ADULTS

Help obtaining a COVID-19 vaccine. The assistance can be in the form of navigating the system to book the appointment and/or transportation to an appointment.



HOME REPAIR ASSISTANCE FOR LOW INCOME SENIORS

AGE has a new volunteer who has 40 years of career experience in building and home maintenance including plumbing, electrical, and carpentry. He is willing to help low income seniors with small to medium household repair projects. He will supply tools but recipients must supply materials.



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