





## Menu Selection for Week of June 8<sup>th</sup> to June 14<sup>th</sup>

Choose the meals and portions you'd like. Order deadline is 2 days before delivery date.





### For delivery on Monday June 8<sup>th</sup>:

|  |  |  |
|--|--|--|
|  | Black bean burger with Sweet Potato Fries                                | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |
|  | Chicken Alfredo with a light alfredo sauce, served with steamed broccoli | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |

### For delivery on Wednesday June 10<sup>th</sup>:

|   |   |  |
|---|---|--|
|   | Salisbury steak with gravy, mashed potatoes and carrots | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |
|  | Chicken Cacciatore served on brown rice                 | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |

### For delivery on Friday June 12<sup>th</sup>:

|  |  |  |
|--|--|--|
|  | Spinach and Ricotta Stuffed Shells served with grilled asparagus     | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |
|  | Maple glazed ham with scalloped potatoes and corn nibletts           | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |
|  | Meatloaf with mushroom gravy, mashed sweet potato and glazed carrots | ___ x Small    ___ x Large<br>___ x Medium    ___ x Couple |
|  | Available add-on: Pecan Pie  | ___ x Portions   |

**Small is \$13, Medium is \$15, Large is \$18, Couple is \$25, Desert is \$5 per portion. 13% HST will be added.**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email address: \_\_\_\_\_

Payment option: \_\_\_ eTransfer \_\_\_ Credit Card \_\_\_ Cash

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