







## Family Meals for Week of Jan 20<sup>th</sup> to Jan 26<sup>th</sup>

Choose the meals you'd like, in the portions you'd like:




### Available Monday January 20<sup>th</sup>:

	Shepherd's Pie, with a rich and flavourful blend of beef, carrots, peas and gravy, topped with whipped mashed potatoes	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers
	Tuscan Chicken with grilled veggies and whole wheat pasta. A delicious, Italian classic in a light creamy sauce.	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers

### Available Monday January 22<sup>nd</sup>:

	Pork tenderloin with caramelized apples and onions, served with sweet potato and green beans	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers
	Lemon chicken. A tender chicken breast baked in a delicious lemon garlic sauce, served with brown rice and broccoli.	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers

### Available Friday January 24<sup>th</sup>:

	Vegetable Lasagna with fresh pasta noodles layered with zucchini, roasted red peppers and broccoli in a light basil sauce	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers
	Meatloaf with mushroom gravy, mashed sweet potato and glazed carrots	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers
	Roasted chicken with gravy, mashed potatoes and peas	<input type="checkbox"/> x Adults <input type="checkbox"/> x Kids <input type="checkbox"/> x Toddlers

Each Adult portion is \$15, each Kids portion is \$10 and each Toddlers portion is \$5.

Note that 13% HST will be added to your total.

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