



JULY 2018



NAME: _____

(Nap. Amher. Des.) Mon	Tue (Nap. Des.)	Wed	Thu (Nap. Amher. Des.)	Fri
2 CLOSED FOR CANADA DAY HOLIDAY (Eat Frozen Meal if ordered from previous week)	3	4 <input type="checkbox"/> Soup <input type="checkbox"/> Western Omelet <input type="checkbox"/> Meat Pie	5	6 <input type="checkbox"/> Salad <input type="checkbox"/> Battered Fish <input type="checkbox"/> Chicken Parmesan
9 <input type="checkbox"/> Soup <input type="checkbox"/> Chicken Salad Wrap <input type="checkbox"/> Cold Salad Plate	10	11 <input type="checkbox"/> Soup <input type="checkbox"/> Shepherds Pie <input type="checkbox"/> Wieners and Beans	12	13 <input type="checkbox"/> Salad <input type="checkbox"/> Pan Fried Fish <input type="checkbox"/> Ham Steak
16 <input type="checkbox"/> Soup <input type="checkbox"/> Roast Beef <input type="checkbox"/> Spaghetti & Meatballs	17	18 <input type="checkbox"/> Soup <input type="checkbox"/> Roast Beef Sandwich <input type="checkbox"/> Montreal Smoked Meat Sandwich	19	20 <input type="checkbox"/> Salad <input type="checkbox"/> Breaded Sole <input type="checkbox"/> Hot Hamburger
23 <input type="checkbox"/> Soup <input type="checkbox"/> BBQ Chicken <input type="checkbox"/> Mac n Cheese	24	25 <input type="checkbox"/> Soup <input type="checkbox"/> Cold Salad Plate <input type="checkbox"/> Chicken Caesar Wrap	26	27 <input type="checkbox"/> Salad <input type="checkbox"/> Salmon Patties <input type="checkbox"/> Honey Garlic Meatballs
30 <input type="checkbox"/> Soup <input type="checkbox"/> BBQ Riblets <input type="checkbox"/> Veal Cutlet <u>Frozen meal for next Monday's Civic holiday</u> Yes <input type="checkbox"/> No <input type="checkbox"/>	31			<div style="border: 1px solid red; padding: 5px; text-align: center;"> FEEL FREE TO MAKE COMMENTS OR SUGGESTIONS ON THE BACK OF MENU </div>

ALTERNATE MEALS CHOICES on request instead of listed items for that day....

1. Breaded Chicken
2. Ham & Cheese Sandwich

All meals are served with Potato, Rice or Pasta, a Hot Vegetable, Soup and Dessert

Instruction!

- Print Name
- Select meal of choice
- Return one copy to driver & retain other for yourself