

# ***We think you'll like the new updated four-week menu!***

## **Week 1**

### **Monday**

Potato Leek Soup  
Sweet & Sour Meatballs  
Rice Pilaf  
Green Beans  
Fruit Cocktail Cake

### **Wednesday**

Chicken Noodle Soup  
Sliced Porketta Roast  
Mashed Potatoes & Gravy  
Delicious Dilled Carrots  
Chocolate Mayo Cake

### **Friday**

Split Pea Soup  
Sliced Baked Ham  
Scalloped Potatoes  
Corn  
Butter Tart Square

## **Week 4**

### **Monday**

Potato Cheddar Soup  
Chicken Alfredo  
Linguini  
Vegetable Medley  
Apple Cake

## **Week 2**

### **Monday**

Cream of Broccoli Soup  
Meatloaf  
A Scoop of Mashed Potatoes  
Peas and Carrots  
Home-made Chocolate Chip Cookies

### **Wednesday**

Beef Barley Soup  
Oven-crisp Chicken  
Roasted Potatoes  
Creamed Corn  
Bread Pudding

### **Friday**

Pumpkin Soup  
Italian Sausage  
Macaroni & Cheese  
Waxed Beans  
Lemon Snow

### **Wednesday**

Chicken Rice Soup  
Salisbury Steak  
Mashed Potatoes  
Baked Beans  
Raspberry Lemon Square

## **Week 3**

### **Monday**

Tomato Rice Soup  
Best Chicken Pot Pie  
Mashed Potatoes  
Broccoli  
Blueberry Buckle

### **Wednesday**

Italian Soup with sausage  
Shepherds Pie  
Baby Carrots  
Peas  
Gingerbread Cake

### **Friday**

Chicken Tortellini Soup  
Sliced Roast Beef  
Mashed Potatoes & Gravy  
A Side of Turnips & Carrots  
Rice Pudding

### **Friday**

Tomato Macaroni Soup  
Battered Haddock & Tarter Sauce  
Oven Fried Potatoes & Onions  
Cream Peas  
Date Square

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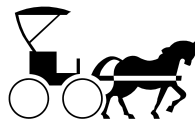


North East Local Health  
Integration Network



## FREE TRIAL MEAL

4 week Menu updated Monday, August 12, 2019



Dr. Harold S. Trefry Memorial Centre  
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Phone: 705-246-0036  
[www.northeastcss.ca](http://www.northeastcss.ca)



Some things to know about the  
*MEALS ON WHEELS Menu:*

- ◆ We serve eight Municipalities:  
Hilton, Village of Hilton Beach,  
Jocelyn, St. Joseph, Johnson,  
Laird, Tarbutt and MacDonald,  
Meredith and Aberdeen.
- ◆ No need to worry about having  
exact change, we will send you a  
monthly bill.
- ◆ As always, a substitute is available  
for fish, beef or pork.
- ◆ We try to accommodate dietary  
restrictions as much as possible.
- ◆ Sometimes we will surprise you  
but you can always count on it be-  
ing with something delicious!
- ◆ If you have some feedback, please  
fill out a comment card!
- ◆ Be sure to ask for a copy of the  
subsidy scale to see if you are  
eligible for a lower rate.
- ◆ It's GREAT FOOD! Why not try a  
free sample meal.

## Meals on Wheels Menu

Invigorate your life  
with good hearty  
hot food delivered  
to your door!



The Dr. Harold S.  
Trefry Memorial  
Centre

Currently delivering  
meals on Monday,  
Wednesday and Friday

### To order, contact us at

Phone: 705-246-0036  
Fax: 705-246-0249  
Email: [dr.trefrycentre@one-mail.on.ca](mailto:dr.trefrycentre@one-mail.on.ca)