

# Meals on Wheels (Hot Meals)

CALL: 613-602-3915 OR TOLL FREE 1-833-582-7004

Email: [seniors@whitewaterregion.ca](mailto:seniors@whitewaterregion.ca)

Whitewater Seniors - 2022 Foresters Falls Road



# AUGUST

DATE	MAIN MEAL	SOUP OR SALAD	DESSERT
Tuesday, August 5	Stuffed Peppers & Potato	Seasonal Salad	Dessert
Tuesday, August 12	Chicken Shawarma, Pita & Hummus	Seasonal Salad	Dessert
Tuesday, August 19	Pork Cutlets in Mushroom Sauce & Potato	Seasonal Salad	Dessert
Tuesday, August 26	Alfredo Pasta Bake with Vegetables & Chicken	Seasonal Salad	Dessert

**\$7.00 a meal**

Meals created by Kasia's Gourmet Kitchen



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