

Meals on Wheels (Hot Meals)


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

Email: seniors@whitewaterregion.ca

Whitewater Seniors - 2022 Foresters Falls Road



JULY 2025 MENU - ALL OF WHITEWATER REGION

DATE	MAIN MEAL	SOUP OR SALAD	DESSERT
Tuesday, July 1			Canada Day - sorry NO meals will be provided today
Tuesday, July 8	Taco Tuesday	Salad	Seasonal Fruit Dessert
Tuesday, July 15	Spaghetti Pasta	Salad	Seasonal Fruit Dessert
Tuesday, July 22	Coconut Rice & Chicken	Salad	Seasonal Fruit Dessert
Tuesday, July 29	Manicotti Pasta	Salad	Seasonal Fruit Dessert

\$7.00 a meal



Meals created by Kasia's Gourmet Kitchen

Funded in part by the
Government of Canada's
Age Well at Home Initiative



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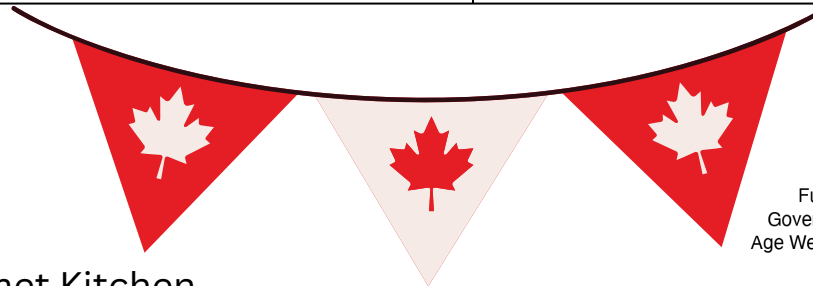
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JULY 2025 MENU - ALL OF WHITEWATER REGION

DATE	MAIN MEAL	SOUP OR SALAD	DESSERT
Friday, July 4	Pasta Alfredo & Chicken	Salad	Seasonal Fruit Dessert
Friday, July 11	Pulled pork, Rice with Beans & Slaw	Salad	Seasonal Fruit Dessert
Friday, July 18	SPECIAL MEAL		
Friday, July 25	SPECIAL MEAL		

\$7.00 a meal



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Canada