

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

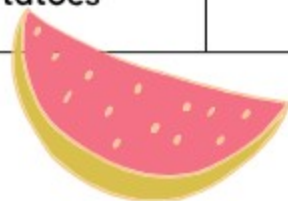
AUGUST 2025 MENU - ALL OF WHITEWATER REGION



DATE	MAIN MEAL	SOUP OR SALAD	DESSERT
Friday, August 1	Braised Cabbage Pasta & Pork Tenderloin	Seasonal Salad	Dessert
Friday, August 8	Breaded Fish & Rice	Seasonal Salad	Dessert
Friday, August 15	Beef Spaghetti Pasta & Garlic Bread	Seasonal Salad	Dessert
Friday, August 22	Chicken with Pepper Stew & Rice	Seasonal Salad	Dessert
Friday, August 29	Minced Pork Cutlet, Buttery Carrots & Potatoes	Seasonal Salad	Dessert

\$7.00 a meal

Meals created by Kasia's Gourmet Kitchen



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