



CHRISTINE'S KITCHEN

- Upcoming Meals -

Week of Jan 19th

MONDAY DELIVERY

1. Roast Pork *with mushroom gravy, mashed potatoes + mixed veggies*
2. Spaghetti *with meat balls, parmesan cheese + garlic bread*
3. BBQ Chicken *with roasted potatoes + mixed veggies*

THURSDAY DELIVERY

1. Salmon Cakes *with lemon seasoning, steamed rice + green beans*
2. Honey Lime Chicken *with roasted spiced cauliflower + potato wedges*
3. Roast Beef Dinner *with mashed potatoes, gravy + veggies*
4. Penne Pasta Primavera *with Italian meat balls + garlic bread*

Alternatives/extras available for week:

- Soups: Chicken vegetable and ham + pea soup

If you wish to make any changes or substitutions to the above meals, please contact the kitchen at 613-431-0707 or reach me by cell phone 613-401-8843.

SPECIAL NOTES

* Please keep in mind delivery changes occur every 3rd week of the month. Thursday deliveries will be shifted to Friday and you will be receiving an extra meal on that Monday to compensate. Next upcoming date is Thursday January 22nd, 2015.