



## Meals on Wheels is looking for additional residents who are interested in participating in the Municipality of Killarney Meals on Wheels Program

The Meals on Wheels program has been running throughout the summer, however it is felt that increased participation may be needed to keep the service in the community. Moving forward, meals will be delivered once per month to the Village.

Meals are \$9.00, however you may qualify for a subsidy. If you would like more information or have questions; or if you wish to register for the Frozen Meal Program, **please contact Paul at 705-525-4554 ext. 204**

**Nutritious meals are flash frozen without added preservatives. All meals include an Entrée with 2 sides, soup and dessert. (see menu example below)**

BREADED VEAL CUTLET  
BEEF CHILI  
BEEF LASAGNA  
ORIENTAL BEEF  
POT ROAST & GRAVY  
SALISBURY STEAK  
SWISS STEAK  
SWEDISH MEATBALLS  
ROAST TURKEY  
BBQ CHICKEN  
BUTTER CHICKEN  
SWEET & SOUR CHICKEN  
DECONSTRUCTED CHICKEN FAJITAS  
CHICKEN PARMESAN  
CHICKEN POT PIE  
BBQ PORKCHOP  
HONEY GARLIC RIBETTES  
HONEY MUSTARD HAM  
BREADED FISH STICKS  
SALMON FILLET  
CHEESE OMELET  
MACARONI & CHEESE

CHICKEN NOODLE  
BEEF BARLEY  
HEARTY VEGETABLE  
MINISTRONE  
STEAK & POTATO  
HAM & PEA  
TOMATO  
CREAMY CARROT  
CREAMY SWEET POTATO  
CREAM OF BROCCOLI  
CREAM OF CHICKEN/VEG.

BROWNIE  
APPLE CRUMBLE  
DATE SQUARE  
NANAIMO BAR  
CARROT CAKE  
CHOCOLATE FUDGE CAKE  
ORANGE CITRUS CAKE  
BUTTER TART BAR  
CHEESE CAKE  
BLACK FOREST CAKE  
BANANA BREAD  
PUMPKIN LOAF  
CHOCOLATE SQUARE  
APPLE SAUCE  
PUDDING