

FROZEN MEALS

Order & Delivery Schedule

Week # Menu	Order By:	Delivery/Pick-Up:
Week #1	January 18, 2024	January 24, 2024
	NEW MENU BEGINS	
Week #2	January 25, 2024	January 31, 2024
Week #3	February 1, 2024	February 7, 2024
Week #4	February 8, 2024	February 14, 2024
Week #5	February 15, 2024	February 21, 2024
Week #1	February 22, 2024	February 28, 2024
Week #2	February 29, 2024	March 6, 2024
Week #3	March 7, 2024	March 13, 2024
Week #4	March 14, 2024	March 20, 2024
Week #5	March 21, 2024	March 27, 2024
Week #1	March 28, 2024	April 3, 2024
Week #2	April 4, 2024	April 10, 2024
Week #3	April 11, 2024	April 17, 2024
Week #4	April 18, 2024	April 24, 2024
Week #5	April 25, 2024	May 1, 2024

Meal Orders are due every Thursday by 4:00 pm.

Delivery/Pick-Up on Wednesday's after 12:00pm

the following week.

905-648-6675



FROZEN MEALS

Order & Delivery Schedule

Week # Menu	Order By:	Delivery/Pick-Up:
Week #1	May 2, 2024	May 8, 2024
Week #2	May 9, 2024	May 15, 2024
Week #3	May 16, 2024	May 22, 2024
Week #4	May 23, 2024	May 29, 2024
Week #5	May 30, 2024	June 5, 2024
Week #1	June 6, 2024	June 12, 2024
Week #2	June 13, 2024	June 19, 2024
Week #3	June 20, 2024	June 26, 2024
Week #4	June 27, 2024	July 3, 2024
Week #5	July 4, 2024	July 10, 2024
Week #1	July 11, 2024	July 17, 2024
Week #2	July 18, 2024	July 24, 2024
Week #3	July 25 <i>,</i> 2024	July 31, 2024
Week #4	August 1, 2024	August 7, 2024
Week #5	August 8, 2024	August 14, 2024

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the following week.

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