

# JULY

## Dauphin Multi-Purpose Senior Centre

Dine-in - \$7.00

Meals are served at 5:00 p.m.

Take-out - \$8.00

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
<b><u>4</u></b> Swedish Meatballs Gravy Mashed Dessert	<b><u>5</u></b> Chicken Stew Biscuits	<b><u>7</u></b> Summer Cold Plate Ham Dessert
<b><u>11</u></b> Hot Chicken Sandwich Platter	<b><u>12</u></b> Fish Dill Sauce Rice Pilaf	<b><u>14</u></b> Sweet & Sour Meatloaf Rice or Potato
<b><u>18</u></b> Lasagna Garlic Bread Caesar Salad	<b><u>19</u></b> Honey Garlic Chicken Drumsticks Dessert	<b><u>21</u></b> Pulled Pork On a Bun Summer Salads
<b><u>25</u></b> Braised Steak Baked Potato	<b><u>26</u></b> Canadian Style Chow Mein Rice	<b><u>28</u></b> Baked Chicken Cordon Blue

All meals must be reserved/cancelled by 4:00 p.m. the previous day, call 204-638-6485 leave a message on the answering machine or stop in to see us. Meals include potato, pasta or rice, vegetable, salad, meat, poultry or fish & dessert.

We consider the Canada Food Guide for meal planning and portion sizes.

*ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE*