

## **FROZEN MEALS**

## Order & Delivery Schedule

Week # Menu	Order By:	Delivery/Pick-Up:
Week #1	June 22, 2023	June 28, 2023
Week #2	June 29, 2023	July 5, 2023
Week #3	July 6, 2023	July 12, 2023
Week #4	July 13, 2023	July 19, 2023
Week #5	July 20, 2023	July 26, 2023
Week #1	July 27, 2023	August 2, 2023
Week #2	August 3, 2023	August 9, 2023
Week #3	August 10, 2023	August 16, 2023
Week #4	August 17, 2023	August 23, 2023
Week #5	August 24, 2023	August 30, 2023
Week #1	August 31, 2023	September 6, 2023
Week #2	September 7, 2023	September 13, 2023
Week #3	September 14, 2023	September 20, 2023
Week #4	September 21, 2023	September 27, 2023
Week #5	September 28, 2023	October 4, 2023

Meal Orders are due every <u>Thursday by 4:00 pm</u>. Delivery/Pick-Up on <u>Wednesday's after 1:00pm</u> the following week.

905-648-6675



## **FROZEN MEALS**

## Order & Delivery Schedule

Week # Menu	Order By:	Delivery/Pick-Up:
Week #1	October 5, 2023	October 11, 2023
Week #2	October 12, 2023	October 18, 2023
Week #3	October 19, 2023	October 25, 2023
Week #4	October 26, 2023	November 1, 2023
Week #5	November 2, 2023	November 8, 2023
Week #1	November 9, 2023	November 15, 2023
Week #2	November 16, 2023	November 22, 2023
Week #3	November 23, 2023	November 29, 2023
Week #4	November 30, 2023	December 6, 2023
Week #5	December 7, 2023	December 13, 2023
Week #1	December 14, 2023	December 20, 2023
Week #2	December 21, 2023	December 27, 2023
Week #3	December 28, 2023	January 3, 2024
Week #4	January 4, 2024	January 10, 2024
Week #5	January 11, 2024	January 17, 2024

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

Delivery/Pick-Up on Wednesday's after 1:00pm

the following week.

905-648-6675