

FROZEN MEALS

Order & Delivery Schedule

Week # Menu	Order By:	Delivery/Pick-Up:
Week #1	September 4, 2025	September 10, 2025
Week #2	September 11, 2025	September 17, 2025
Week #3	September 18, 2025	September 24, 2025
Week #4	September 25, 2025	October 1, 2025
Week #5	October 2, 2025	October 8, 2025
Week #1	October 9, 2025	October 15, 2025
Week #2	October 16, 2025	October 22, 2025
Week #3	October 23, 2025	October 29, 2025
Week #4	October 30, 2025	November 5, 2025
Week #5	November 6, 2025	November 12, 2025
Week #1	November 13, 2025	November 19, 2025
Week #2	November 20, 2025	November 26, 2025
Week #3	November 27, 2025	December 3, 2025
Week #4	December 4, 2025	December 10, 2025
Week #5	December 11, 2025	December 17, 2025

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

Delivery on Wednesday between 10:30am-12:30pm.

Pick Up after 11am on Wednesday & during regular office hours.

905-648-6675



FROZEN MEALS

Order & Delivery Schedule

Week # Menu	Order By:	Delivery/Pick-Up:
Week #1	December 11, 2025	December 24, 2025
Week #2	December 11, 2025	December 31, 2025
Week #3	December 11, 2025	January 7, 2026
Week #4	January 8, 2026	January 14, 2026
Week #5	January 15, 2026	January 21, 2026
Week #1	January 22, 2026	January 28, 2026
Week #2	January 29, 2026	February 4, 2026
Week #3	February 5, 2026	February 11, 2026
Week #4	February 12, 2026	February 18, 2026
Week #5	February 19, 2026	February 25, 2026
Week #1	February 26, 2026	March 4, 2026
Week #2	March 5, 2026	March 11, 2026
Week #3	March 12, 2026	March 18, 2026
Week #4	March 19, 2026	March 25, 2026
Week #5	March 26, 2026	April 1, 2026

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

Delivery on Wednesday between 10:30am-12:30pm.

Pick Up after 11am on Wednesday & during regular office hours.

905-648-6675