



www.Links2Care.ca

MEAL PROGRAMS

Our Meal Programs offer a variety of meals to seniors and disabled adults, who are unable to manage food preparation.

MEALS ON WHEELS

- Hot lunchtime meal; optional sandwich, salad and dessert
- Frozen meals for the weekend can be ordered and delivered with the lunch meal

Hot meal	\$8.50
Sandwich meal	\$7.00

MEALS ON ICE

Frozen meals are available on a weekly basis. There is a large variety of entrees, soups and desserts to choose from. Orders are required by Tuesday at noon for Thursday delivery. Gift certificates are available.

7 entrees	\$36.00
5 entrees + 5 soups/desserts	\$36.00
Single entrée	\$ 6.00
Soup or dessert	\$ 1.75

WHEELS TO MEALS

This is a social outing for seniors. Luncheons are held twice a month at a local restaurant, church or community hall. Transportation is provided.

Acton – 519-853-3310
Georgetown – 905-873-6502



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