

**Treat yourself or a loved one** to a well deserved break from shopping and cooking!



## HOT MEALS

### HOT MEAL DELIVERY Enjoy Great Food and a Wellness Check!

Tempting, ready-to-eat meals delivered by our friendly volunteers.

A once a week treat or daily comfort—it's up to you.

*Likes, dislikes and dietary needs accommodated.*

**HOT LUNCH** with soup, crackers, bread, butter & dessert

**SOUP & SANDWICH LUNCH**  
with salad, dessert & muffin

**SUPPER ON WHEELS**  
Evenings with dessert



See our full menu and pricing online  
or give us a call - we are happy to help!  
**GIFT CERTIFICATES AVAILABLE**



## FROZEN FOOD

### FROZEN MEALS

Single Entrée  
Soup or Dessert  
Breakfast Snack  
(juice + muffin or cereal)

### ORDER MORE & SAVE!

7 Entrée Package  
5 + 5 Package  
(5 entrées + 5 soups or desserts)



### FROZEN MEAL DELIVERY or PICK-UP

Over 100 entrées, soups, and desserts to please every taste and diet!  
How about salmon in lemon sauce, bangers & mash, or roast chicken?  
And for dessert, chocolate brownie, apple crisp, or strawberry shortcake...  
**...Simply scrumptious!**

# Wheels to Meals

Friendly Faces, Tasty Places

Join us for a fun lunch outing to a local restaurant or alternative community venue. It's a great way to get out, enjoy a good meal, and connect with others in your community. Lunch is paid by each participant, and low-cost transportation options are available. Come out, relax, and enjoy good food and great company!



## Congregate Dining Monthly Building Lunches: Meet. Mingle. Enjoy.

Enjoy a warm meal and good company right in your own building! These monthly lunches are a great way to meet your neighbours, socialize, take part in fun activities, and learn about supports available to you. Meal dates and sign-up sheets are posted in each participating seniors' building. **Want to know if this program is available in your building? Give us a call at 905-873-6502.**



## Links2Care

**Telephone** 905-873-6502

**Toll Free** 1-866-920-6502

**Email** [info@links2care.ca](mailto:info@links2care.ca)

**Fax** 905-873-6195

**Social Media:** Follow us



@links2care

[www.links2care.ca](http://www.links2care.ca)

### Acton Hub

69 Acton Blvd.,  
Acton, ON L7J 2H4

### Georgetown Hub

#### Care Connections of Halton Hills

360 Guelph Street, Unit 33,  
Georgetown, ON L7G 4B5

Charitable Registration

# 106684533 RR0001

*The information herein is available  
in alternate formats upon request.*

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## Links2Care



## Meals for Seniors & Adults with Disabilities in Halton Hills