

**1 in 10 women
will develop
BREAST
CANCER**

The risk increases with age. The Ontario Breast Screening

Program provides breast examination and a mammogram at no cost to women who are 50 years of age or over.


Make your appointment today!

1-800-668-9304

The Ontario Breast Screening Program is a program of The Ontario Cancer Treatment and Research Foundation

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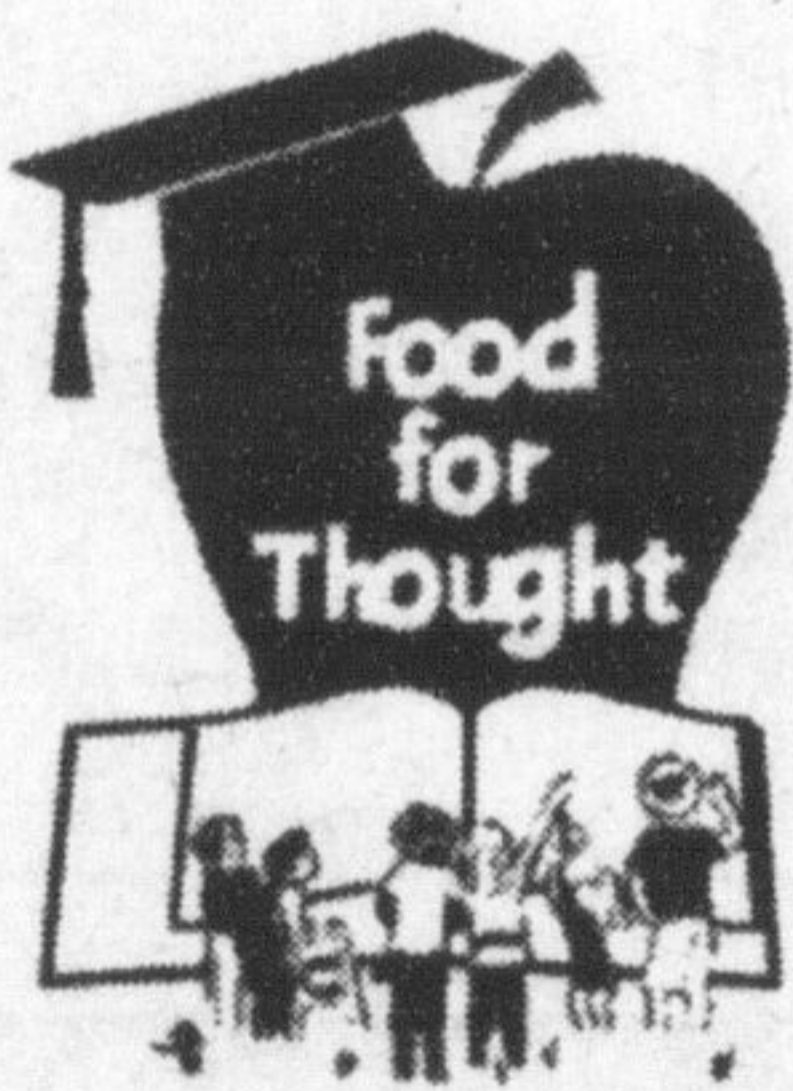
Crude Protein 16%, Crude Fat 2.5%



Nutrition Notes

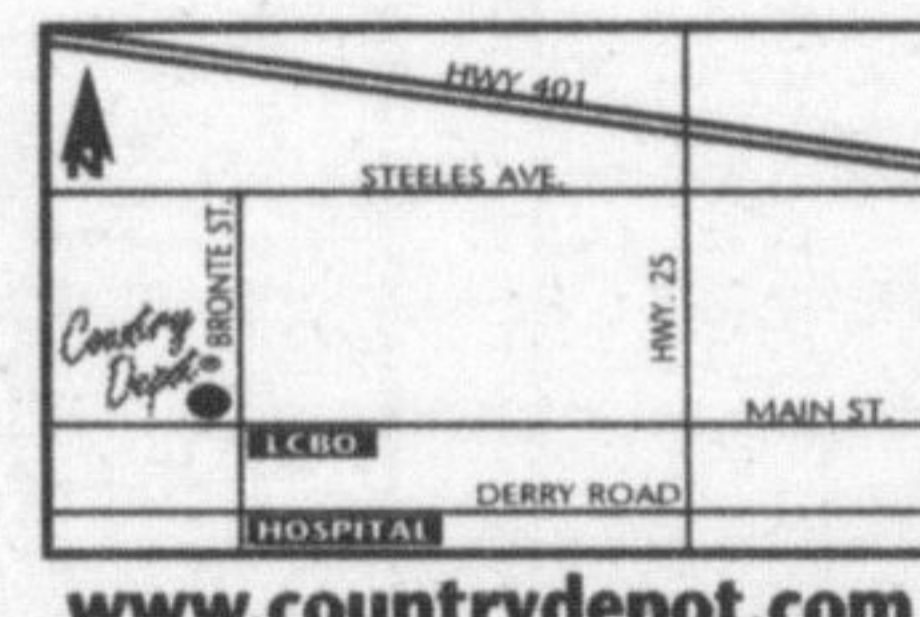
Did you know...

1 in 5 Canadian children are not getting the recommended five servings of fruits and vegetables they require daily.



Halton Food for Thought
Contact Program Coordinator
905-845-5597 ext. 201
foodforthought@cogeco.ca

MILTON
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Salads

Mixed Greens with Balsamic Dressing • Potato • Greek • Pasta
• Caesar • Tomato and Bocconcini • Marinated Vegetables
Seafood Salad Also Available

Pasta Entrees

Homemade Lasagna - Meat, Vegetable or Seafood (Fresh Pasta)
Homemade Canneloni or Manicotti (Fresh Pasta)
Penne with Sausage and Tomato
Fettucini Alfredo (Fresh Pasta) • Pene alla Vodka

Meat Entrées

Veal Parmigiana • Chicken Cordon Bleu • Chicken Parmigiana,
• Chicken Florentine • Kabobs-Chicken, Beef or Pork
• Steak (Striploin)

Fish

Breaded Sole, Calamari, Shrimps, Salmon and Rainbow Trout

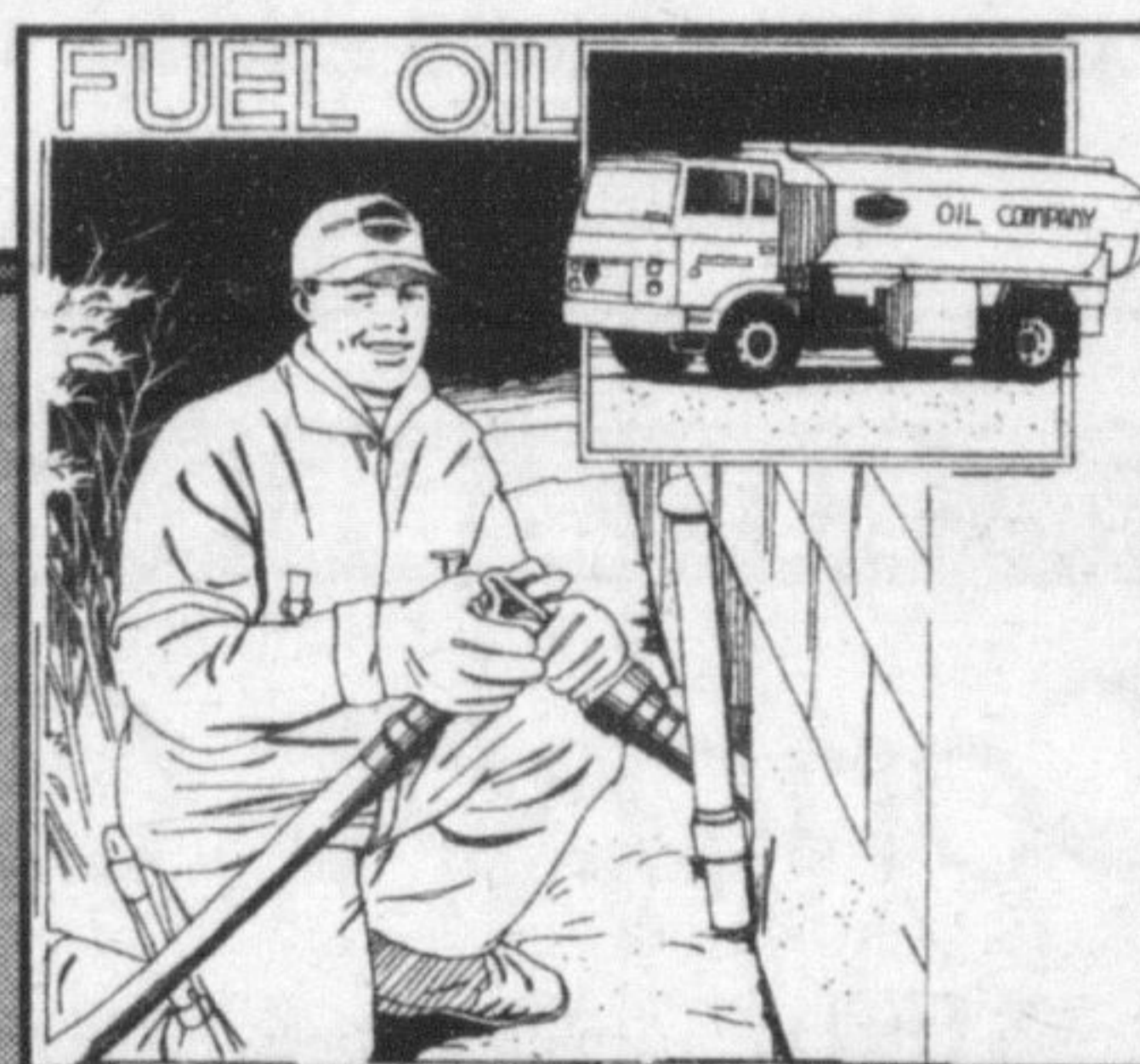
Desserts

Homemade Tiramisu • Assorted Pastries • Fruit Trays

Please give 48 hours notice for bookings.
Continental Menu available upon request.

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