

2019

Community Support Connections - Meals on Wheels & More

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 JAN 7-11	MINESTONE BREADED BASA TATER TOTS YELLOW BEANS & CARROTS PINEAPPLE	VEGETABLE NOODLE HONEY GARLIC CHICKEN ROAST POTATO BROCCOLI JELLO & WHIP CREAM	CREAM OF MUSHROOM BEEF STEW MASHED POTATO BRUSSEL SPROUTS APPLE CRISP	9 BEAN SOUP PORK & APPLES RICE ROASTED ROOT VEGETABLES TANGERINE MOUSSE	LEMON QUINOA CEASAR SALAD CHICKEN ALFREDO GARLIC BREAD ZUCHINNI & RED PEPPER COFFEE CAKE
WEEK 2 JAN 14-18	WILD RICE & BROCCOLI BBQ PORK POT PIE SWEET POTATO FRIES CANDIED PARSNIPS APPLESAUCE	LEEK & POTATO BEAN SALAD BEEF STROGANOFF EGG NOODLES BEETS PINEAPPLE UPSIDE DOWN CAKE	CREAM OF CELERY BREADED CHICKEN SCALLOPED POTATOS PEAS BANANA	TOMATO, LEMON & THYME SALMON LOAF RICE CAULIFLOWER BAKE CRAN-OATMEAL COOKIES	BEEF RICE HAM & CHEESE QUICHE HOMEFRIES FRENCH GREEN BEANS CHERRY YOGURT
WEEK 3 JAN 21-25	CHICKEN & BARLEY HUNGARIAN PORK RICE PEAS & CARROTS PUDDING	CREAM SOUP CHICKEN SOUVLAKI PAPRIKA LEMON POTATOS CORN NUTELLA COOKIES	CREAM OF TOMATO SHEPHERD'S PIE WHOLE WHEAT ROLL MIXED VEGETABLES BANANA BREAD	CREAM OF CARROT GARDEN SALAD CHILI CON CARNE CORN BREAD GREEN & YELLOW BEANS PEACH COBBLER	ZESTY MEATBALL FISH CAKES HASHBROWN CASSEROLE SQUASH TROPICAL FRUIT SALAD
WEEK 4 JAN 28-FEB 1	CREAM OF CHICKEN COUSCOUS SALAD ROAST BEEF & GRAVY MASHED POTATO TURNIP LEMON POPPYSEED LOAF	SPLIT PEA SWEET & SOUR PORK RICE SQUASH PINEAPPLE COCONUT TART	CHUNKY BEEF & POTATO TORTELLINI ROLL PEAS & CORN VANILLA PUDDING	YELLOW LENTIL TURKEY STEW & BISCUITS SWEET POTATO CAULIFLOWER MANDARIN ORANGES	PARSNIP & PEAR ITALIAN BEEF PATTIS COUSCOUS BABY CARROTS CHOCOLATE MACAROONS
WEEK 5 FEB 4-8	SWEET POTATO & PUMPKIN CHICKEN NUGGETS POTATO PATTIS CORN RASPBERRY SQUARE	CREAM OF SPINACH SPAGHETTI & MEAT SAUCE CIABATTA BUN BROCCOLI & CAULIFLOWER PEACHES	FENNEL & CELERIAC SALMON WELLINGTON BROWN RICE BROCCOLI RHUBARB STRUESEL	COCONUT SQUASH COLESLAW HAM SCALLOPED POTATO CARROTS LEMON TARTS	CITRUS BLACK BEAN MEATLOAF & GRAVY MASHED POTATO TURNIP BLUEBERRY MUFFINS

NOTE: MENU IS FOR THE REGULAR MEAL OF THE DAY AND MAY CHANGE ACCORDING TO INDIVIDUAL DIETARY RESTRICTIONS/PREFERENCES AND PRODUCT AVAILABILITY