

2019

## Community Support Connections - Meals on Wheels &amp; More

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1 FEB 11-15</b>	TOMATO TORTELLINI  SWEDISH MEATBALLS MASHED POTATOS CARROTS  LEMON SQUARES	EGGPLANT & PEPPER SOUP  BEEF BRISKETTE CORN BREAD TURNIP  PEANUT BUTTER SQUARES	CAULIFLOWER & CHICKEN  BBQ PORK RIBETTE SWEET POTATO PEAS  MAPLE COOKIES	ROSEMARY ZUCCHINI CARROT SALAD CHICKEN PARMESAN PASTA GREEN BEANS  BERRY CRISP	CHICK PEA & RED PEPPER  FISH FLORENTINE RICE BROCCOLI  FRESH MELON
<b>WEEK 2 FEB 18-22</b>	  FAMILY DAY	RED LENTIL  BUTTER CHICKEN RICE YELLOW BEANS & CARROTS  COCONUT BROWNIE	BORSCHT  PORK SCHNITZEL HOT POTATO SALAD ROASTED ROOT VEG  BLUEBERRY YOGURT	VEGETABLE BARLEY  MANHATTEN FISH CHOWDER TEA BISCUIT PEAS  PEARS	SPLIT PEA & HAM  HAMBURGER HASH WHOLE WHEAT ROLL MIXED VEGETABLES  BANANA CREAM PIE
<b>WEEK 3 FEB 25-MAR 1</b>	ITALIAN WEDDING  CHICKEN CACCIATORE RICE GREEN BEANS  ORANGE CAKE	HARIRA VEGETABLE SOUP  MOROCCAN BEEF COUSCOUS SQUASH  PINEAPPLE	PARSNIP & PEAR POTATO SALAD OCTOBERFEST SAUSAGE PEROGES & SOUR CREAM BEETS  TRIFLE	BEEF MUSHROOM  CHICKEN & WINE SAUCE ROAST POTATOS CORN  CHERRY CHEESECAKE	CARROT DILL  VEGETABLE LASAGNA GARLIC LOAF ZUCCHINI & RED PEPPER  FRUITED JELLO
<b>WEEK 4 MAR 4-8</b>	TAI COCONUT SOUP  CHICKEN SAUTE JASMINE RICE CARROTS  OATMEAL RAISIN COOKIE	ROASTED GARLIC TOMATO  TUNA CASSEROLE CIABATTA BUN PEAS  APPLE TURNOVER	ROASTED RED PEPPER  TURKEY BURGERS MIXED GRAINS CALIFORNIA MIXED VEG  PEACHES	CHICKEN NOODLE  BEEF STEW MASHED POTATO TURNIP  CARROT CAKE	BROCCOLI & CHEESE COLESLAW APPLE PULLED PORK POTATO PATTIS SQUASH  CHOCOLATE PUDDING
<b>WEEK 5 MAR 11-15</b>	POTATO & BACON  MAPLE SALMON RICE PILAF CAULIFLOWER & CARROTS  MANDARIN ORANGES	FRENCH ONION  SUN DRIED TOMATO CHICKEN BAKED POTATO & SOUR CREAM BROCCOLI  CHOCOLATE ZUCCHINI BREAD	VEGETABLE CHOWDER  RAVIOLI & MEAT SAUCE WHOLE WHEAT ROLL MIXED VEGETABLES  STRAWBERRY MOUSSE	CHICKEN BARLEY GARDEN SALAD ROAST BEEF & GRAVY BAKED POTATO & SOUR CRM BEETS  BANANA CHOC CHIP MUFFINS	ROASTED CAULIFLOWER  PORK ADOBO CHOW MEIN NOODLES EDAMAME & CORN  MANGO RICE PUDDING