

2020 Meals on Wheels Menu



If you cannot maintain a distance of six feet (two metres), you must wear a mask when collecting your meal. Please note this is a set menu. You cannot select options from the menu, but based on your preferences and dietary needs, your personal meal may differ. To discuss meal options, or inform us of anything you do not like, call us at 519-772-8787.

	Monday	Tuesday	Wednesday	Thursday	Friday
August 31-September 4	Carrot dill Ham, scalloped potato, and peas Semolina cake	Cabbage soup Beef ribette, alfredo noodles, and corn Mousse	Coconut squash Honey garlic chicken stir fry with rice Éclair cake	Herbed chicken Chili <i>con carne</i> , corn bread, and carrots Apple pie	Lemon chick pea Roast turkey breast, mashed potato, and turnip/parsnip mix Pears
September 7-11	HOLIDAY	Roasted red pepper Hungarian pork, pasta and green beans Muffins	Zucchini soup Tomato chicken, cheese buns, and mixed vegetables Fruit cocktail	Parsnip and pear Baked basa with chili and lime, rice, and carrot coins Fruit crumble	Cream of celery Salisbury steak, baked potato, and Brussels sprouts Chocolate cookies
September 14-18	Borscht Chicken and herbed pasta, roll, and mixed vegetables Carrot cake	Tomato basil Ham and cheese quiche with potato triangles, peas, and corn Bananas	Minestrone Tourtiere meat pie with tomato jam, homefries, and squash Fruited jello	Carrot ginger soup Chicken parmesan, pesto noodles, and California mixed vegetables Lemon squares	Vegetable noodle Pulled beef on a bun with roasted zucchini and peppers Pudding

If you have any questions, please call our office at 519-772-8787, or for more information visit us online at communitysupportconnections.org. Please see reverse side for more weeks.

2020 Meals on Wheels Menu

If you cannot maintain a distance of six feet (two metres), you must wear a mask when collecting your meal. Please note this is a set menu. You cannot select options from the menu, but based on your preferences and dietary needs, your personal meal may differ. To discuss meal options, or inform us of anything you do not like, call us at 519-772-8787.

	Monday	Tuesday	Wednesday	Thursday	Friday
September 21-25	Mushroom rice Sweet and sour pork, thin noodles, and Thai-style vegetables Cherry cheesecake	Loaded potato Baked chicken, chive mashed potato, and broccoli Peanut butter cookie	Split pea Swedish meatballs, egg noodles, and Harvard beets Nanaimo bars	Chef's choice soup Beef bourguignon, boiled potato, and green beans Pineapple dream	Beef barley Breaded fish with sweet potato tots, carrots, and turnip Peaches
September 28-October 2	Chili cheeseburger Stuffed chicken, with rice pilaf, corn, and edamame Custard	Navy bean Shepherd's pie with mixed vegetables Fresh fruit	Chicken noodle Boston fish stew, new potatoes, peas, and carrots Chef's choice	Red Lentil Lasagna, garlic bread, green and yellow beans Pear cake	Tomato rice Monterey sausage casserole, tea biscuit and broccoli Rice pudding

If you have any questions, please call our office at 519-772-8787, or for more information visit us online at communitysupportconnections.org. Please see reverse side for more weeks.