

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
October 5-9	Minted pea Pork and apple, mashed potato, and squash Date square	Minestrone Breaded chicken, macaroni and cheese, and beans Peaches	Green cream Pepper steak, boiled potato, and cauliflower Raspberry crumble	Italian wedding Dijon chicken, grain medley, and mixed vegetables Cranberry muffin	Cream of celery Turkey with stuffing, mashed potato, and glazed carrots Pumpkin pie
October 12-16	HOLIDAY	Roasted red pepper Ham, scalloped potato, and turnip Mandarins	Alphabet soup Beef pot pie, wedge fries, and California mixed vegetables Chocolate chip cookie	Black bean soup Irish beef stew with a roll and green beans Yogurt	Curried squash Maple glazed salmon, wild rice, and peas Chocolate mousse
October 19-23	Leek and potato Chicken cacciatore, rice, and zucchini Tropical fruit salad	French onion Oktoberfest sausage, potato, and roasted tomato Custard	Tomato tortellini Breaded fish, tater tots, and carrots and corn Coconut Brownies	Split pea Meatloaf, hash brown casserole, and turnip Maple apple cake	Country vegetable Chicken a la king, rice, and broccoli 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.

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	Monday	Tuesday	Wednesday	Thursday	Friday
October 26-30	Mushroom soup Salisbury steak, homefries and beets Strawberry cupcakes	Chicken quinoa Hamburger, sweet potato fries, and braised red cabbage Fruited jello	Navy bean Danish pork chop, roasted potato, and carrots Apple sauce	Chef's choice soup Bacon & cheese quiche, roll, and peas Banana cake	Broccoli and cheese Turkey chili, corn bread, and red pepper and corn Lemon square
November 2-6	Florentine Spaghetti and meat sauce, garlic bread, and mixed vegetables Melon	Beef mushroom Fish Florentine, rice, and PEI mixed vegetables Cherry pie	Vegetable barley Chicken stir fry with chow mein noodles Rice pudding	Corn chowder Pork ribette, perogies, and carrots and parsnip Chef choice	Lentil soup Roast beef and gravy, mashed potatoes, and Brussel sprouts Cookie

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