

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
November 9-13	Cauliflower cheese Cabbage Rolls, bun, and green and yellow beans Easy pumpkin cake	Turkey soup Stuffed chicken, baked potato, parsnips, and carrots Peaches	Red lentil Hungarian pork, egg noodles, and broccoli Apple crisp	Cream of tomato Garden salad, pepper steak, mashed potatoes, and cauliflower Dessert bars	Chickpea and dill Fish casserole, tea biscuit, zucchini, and peppers Ambrosia
November 16-20	Mushroom Chicken stew, grain medley, and peas Semolina cake	Borscht Beef bourguignon, mashed potato, and Brussel sprouts Rice pudding	Beef barley Pasta salad, chili lime basa, boiled potato, and baby carrots Chocolate cream pie	Cabbage soup Butter chicken, basmati rice, and green beans Mandarin oranges	Cream of chicken Beef tortellini, ciabatta bun, and mixed vegetables Mousse
November 23-27	Minestrone Pork and apple, rice pilaf, and squash Jello	Mulligatawny Caesar salad, sloppy joe casserole, corn, and peas Banana	Chef choice Parmesan chicken, fettuccini alfredo, and mixed vegetables Pumpkin pie	Carrot dill Meatloaf with gravy, scalloped potato, and beets Cookies	Split pea Ham and cheese quiche, homefries, and carrots Chef choice dessert

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
November 30-December 4	Chicken noodle Fish cakes, hashbrown casserole, and broccoli Cake	Country vegetable Chicken in wine sauce, boiled potatoes, and red cabbage Custard	Black bean Turkey meatballs, mashed potatoes, and root vegetables Apple sauce	Pumpkin soup Beef stroganoff, egg noodles and peas Cheesecake	Mushroom and Kale Sweet and sour pork, rice, and Thai vegetables Fruit salad
December 7-11	Leek and potato Carrot salad, fried chicken leg, tater tots, and roast tomato Carrot muffin	Vegetable rice Roast beef in gravy, mashed potatoes, and turnip Éclair dessert	Tomato basil Salisbury steak, perogies, California mixed vegetables Mousse	French onion Chicken a la king, rice, yellow and green beans Rice krispie square	Broccoli and cheese BBQ Pork ribette, sweet potato, and corn Pears

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