

2021 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
January 18-22	Chicken Noodle Pork Ribette, mashed potato, corn and edamame Chocolate Pudding	Red Pepper Hungarian pork, scalloped potato, red cabbage Banana Loaf	Curry Squash Honey garlic chicken, chow mein noodles, Thai style vegetables Mixed Berry Bar	Cream of Broccoli Butter chicken, basmati rice, peas Apple Sauce	Chef Choice Beef stew with sweet potato, cauliflower Cheesecake
January 25-29	Potato Soup Chicken & white wine sauce, grain medley, squash Rice Krispie Square	Carrot Ginger Beefaroni with mixed vegetables Raspberry Cake	Borscht Turkey schnitzel, home fries, brussel sprouts Blueberry Scone	Cream of Celery Bean Salad, roast beef, mashed potato, mixed vegetables Muffin	Tomato Ham and cheese quiche, potato triangles, broccoli Creamcicle dessert
February 1-5	Peanut and Pumpkin Shepherd's pie, yellow and green beans Rocky Road Bar	Chicken Vegetable Salmon loaf, wedge fries, Montego vegetables Rice Pudding	Roasted Red Pepper Chicken and orange sauce, wild rice pilaf, carrots Fruit Cocktail	Split Pea Cabbage Rolls, bun, broccoli Cookie	Parsnip and apple Pasta salad, pulled pork, root vegetables Jello

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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February 8-12	Vegetable Rice Cardinal beef burgers hash brown casserole, corn and red pepper Lemon Mousse	Sesame Chickpea Sweet and sour pork, rice, peas and carrots Mandarin Oranges	Country Vegetable Chicken paprikash, egg noodles, green beans Coconut Cream Pie	Leek and Potato Cucumber salad, sloppy Joe casserole, mixed vegetables Peaches	Mushroom Barley Turkey with stuffing, mashed Potato, baby carrots Apple Crisp
February 15-19	HOLIDAY	Cream of Turkey Tourtiere meat pie, roasted potato, turnip Chef Choice	Beef Vegetable Beet and mandarin salad, breaded fish, sweet potato tots, PEI vegetables Semolina Cake	Cauliflower Ham, scalloped potato, red braised cabbage Brownie	Minestrone Chicken cacciatore, rice, peas Banana

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