

2021 Meals on Wheels Menu

If you cannot maintain a distance of six feet (two meters), 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 |
|---------------------------|--|--|---|--|--|
| March 29 - April 2 | Vegetable noodle Beef Bourguignon, boiled potato, and beets Peaches | Cabbage Tourtiere meat pie, potato wedges, and broccoli Maple apple cake | Tomato Breaded sole, wild rice pilaf, baby carrots Apple sauce | Broccoli and cheese Cole slaw, ham, scalloped potato, peas, and corn Hot cross buns | HOLIDAY |
| April 5-9 | Red lentil Chicken and gravy, baked potato, turnip, and squash Pudding | Roasted red pepper Bean salad, shepherd's pie, California vegetables Churro muffin | Split pea Turkey schnitzel, mashed potato, and Brussel sprouts Lemon bar | Chicken noodle Omelet, maple chicken patties, homefries, and roasted tomato Fruit cocktail | Borscht Hungarian pork, egg noodles, and peas Pineapple upside down cake |
| April 12-16 | Country vegetable Sloppy Joe casserole with mixed vegetables Chef's choice | Corn Chowder Sweet and sour pork, jasmine rice, and yellow beans Chocolate custard | Cheesy Cauliflower Garden salad, spaghetti and meatballs, garlic bread, and carrots Jello with whip topping | Beef barley Salmon loaf, triangle patties, Montego vegetables Digestive cookie | Carrot ginger Honey garlic chicken leg, grain medley, and corn Pears |

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.

2021 Meals on Wheels Menu



If you cannot maintain a distance of six feet (two meters), 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 |
|--------------------|---|--|--|--|---|
| April 19-23 | Squash and apple Beef ravioli, ciabatta bun, peas, and carrots Nanaimo bar | French onion Lemon dill gratin basa, boiled potato, and green beans Fruit yogurt | Mushroom Pork chops with apple chutney, perogies, and squash Mousse | Bean and bacon Sundried tomato chicken, Israeli couscous, and broccoli Pumpkin cheesecake bars | Chef Choice Pepper steak, sweet potato, and cauliflower Chocolate banana loaf |
| April 26-30 | Florentine soup Turkey with stuffing, mashed potato, and roasted root veg Molasses cookie | Leek and potato BBQ pork ribette, hashbrown casserole, and red cabbage Banana | Minted Pea Chicken and sausage gumbo, rice, green and yellow beans Bran muffin | Alphabet soup Cardinal beef burgers, O'brien potatoes, and carrots Mandarin oranges | Creamy turkey Potato salad, cabbage rolls, a bun, turnip ,and squash 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.