

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**. Don't forget to wash your hands before eating your meal. Hand hygiene is the best defense against germs and the transmission of illness and disease. Infection control is in your hands!

	Monday	Tuesday	Wednesday	Thursday	Friday
May 3-7	Tomato Breaded sole, tater tots, peas Chef choice	Cream of broccoli Chicken stir fry with chow mein noodles Cherry cheesecake	Beef rice Quiche, home fries, roasted tomato Mandarin cake	Navy bean Beef goulash, ciabatta bun, sliced carrots Fruit cocktail	Southwest chicken Sausage, mashed potato, yellow beans Pudding
May 10-14	Cream of spinach Turkey chili, cornbread, peas, and carrots Ambrosia salad	Chickpea lemon dill Beef pot pie, boiled potato, mixed vegetables Cinnamon bun	Sweet pea Chicken parmesan, fettuccine alfredo, squash Applesauce	Cream of carrot Pork and apples, roasted sweet potato, red cabbage Cookie	Country vegetable Beef tortellini, roll, broccoli Coconut cream pie
May 17-21	Cream of celery Roast beef and gravy, mashed potato, beets Chocolate chip muffin	Black bean Chicken cordon bleu, grain medley, corn Jello	Parsnip and pear Pork burgers, pierogis, baby carrot Lemon pie	Mulligatawny Brazilian basa fish, tea biscuit, yellow beans Pears	Lentil Salisbury steak, O'Brien potato, cauliflower Rice Krispy squares

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. 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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May 24-28	Holiday	Minestrone Ham, scalloped potato, roasted root vegetables Rocky road bar	Chef's choice Chicken and white wine sauce, risotto, Montego vegetables Berry yogurt	Cream of mushroom Pulled beef, mashed potato, California mixed vegetables Mousse	Vegetable Chicken a la king, roasted potato, peas and carrots Apple crisp
May 31- June 4	Italian wedding Chicken cacciatore, penne noodles, zucchini Banana	Chicken and rice Fish stew, potato triangles, broccoli, and cauliflower Brownie	Cauliflower cheddar Lasagna, garlic bread, green beans Chef's choice	Onion and Kale Barbeque ribette, sweet potato tots, mixed vegetables Arrowroot cookie	Red pepper Meatloaf, mashed potato, Brussel sprouts Pineapple dream

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