

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
July 12-16	Cream of tomato Garden salad, breaded sole, tater tots, carrots Nanaimo bar	Black bean Farmer's sausage, hot potato salad, green beans Vanilla pudding	Minted pea Salisbury steak, baked potato, beets Cheesecake	Mushroom barley Beef tortellini, roll, peas, and corn Fruit cocktail	Carrot dill Chicken pot pie, hash browns, Montego vegetables Rice krispie square
July 19-23	Garden vegetable Pulled pork, sweet potato tots, broccoli Fresh pineapple	Coconut sweet potato Chicken stir fry, chow mein noodles Lemon square	Cabbage Shepherd's pie, mixed vegetables Brownie	Kale and onion Portuguese Bean and sausage stew, cornbread, green beans Ambrosia salad	Chef's choice Caesar salad, turkey schnitzel, home fries, turnip Arrowroot cookie
July 26-30	Broccoli and cheese Beef bourguignon, mashed potato, Brussel sprouts jello	Roasted red pepper Bacon & cheese quiche, potato patties, mixed vegetables Cookie	Mulligatawny Chicken korma, naan bread, peas Pears	Split pea Coleslaw, pork ribette, hashbrown casserole, PEI veg Cream pie	Potato & leek Balsamic chicken and vegetables, wild rice, cauliflower Chef's choice

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 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
August 2-6	HOLIDAY	Chicken noodle Cabbage rolls, whole wheat roll, sliced carrots Blueberry muffin	Vegetable and rice Sloppy joe casserole, broccoli, and cauliflower Butter tart	Red lentil Chicken leg, rice and red pepper, zucchini Mousse	Mushroom Ham, scalloped potato, squash Mandarin oranges
August 9-13	Mediterranean Meatballs, pasta, corn, and peppers Yogurt and fruit	Chick pea Pork chop, mashed potato, stewed tomato Rhubarb crisp	Beef and rice Cucumber salad, fish stew, tea biscuit, mixed vegetables Cookie	Carrot ginger Sweet and sour chicken, rice, peas Banana	Navy bean Pierogis with onion and bacon, wheat berry salad, cabbage Orange cake

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.