

## 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.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>September 20-24</b>	Cabbage  Pulled pork, potato triangles, peas  Jello	Red lentil  Southwestern chicken stew, rice, corn & red pepper  Chocolate cake	Minestrone  Meatloaf, mashed potato, beets  Coconut cream pie	Potato kale  Salad, beef bourguignon, egg noodles, carrots  Applesauce	Cream of tomato  Breaded sole, tartar sauce, potato tots, carrots  Mousse
<b>September 27- October 1</b>	Navy bean  Pork ribette, scalloped potato, green beans  Mandarin oranges	Beef noodle  Salad, omelette, O'brien potatoes, glazed carrots  Rice pudding	Mulligatawny  Pork meatballs, rice, broccoli  Lemon poppy seed loaf	Country vegetable  Butter chicken, naan bread, peas  Nanaimo bar	Split pea  Beef tortellini with sauce & cheese, Montego vegetables  Yogurt
<b>October 4-8</b>	Chicken noodle  Salad, poached sole & lemon, rice, cauliflower & carrots  Brownie	Lemon quinoa  Lasagna, garlic bread, mixed vegetables  Strawberry fluff	Coconut squash  Salisbury steak, hash brown casserole, corn  Banana	Mushroom barley  Pork & apples, herbed potato, roasted root vegetables  Cheesecake	Cauliflower  Turkey & stuffing, gravy, mashed potato, Brussel sprouts  Carrot cake

If you have any questions, please call our office at 519-772-8787, or for more information visit us online at [communitysupportconnections.org](http://communitysupportconnections.org). Please see reverse side for more weeks.

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<b>October 11-15</b>	<b>HOLIDAY</b>	Borscht  Oktoberfest sausage, pierogis, peas & carrots  Fruit cocktail	Turkey  Stuffed chicken, wedge fries, roasted zucchini  Muffins	Black bean  Cabbage rolls, bun, parsnips  Cookie	Broccoli & cheese  Salmon loaf, couscous, corn & red pepper  Apple crisp
<b>October 18-22</b>	Carrot ginger  Chicken stir fry, chow mein noodles  Chef's choice	Roasted red pepper  Turkey schnitzel, mashed potato, cauliflower  Rice pudding	Beef rice  Chili con carne, corn bread, green beans  Pineapple upside down cake	Chef's choice  Danish pork chop, baked potato, squash  Ambrosia salad	Corn chowder  Caesar salad, BBQ chicken leg, home fries, cabbage  Pears

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