

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
October 25-29	Mushroom Salmon, wedge fries, mixed vegetables Cookie	Vegetable Irish beef stew, roll, corn Apple pie	9 Bean Salad, Balsamic chicken, couscous, broccoli Melon	Potato and kale Fried chicken, hash brown casserole, cauliflower Pumpkin cake	Curried squash Hungarian pork, barley medley, peas Mousse
November 1-5	Cream of celery Turkey meatballs, mashed potato, yellow beans Mandarin oranges	Country vegetable Swiss steak, baked potato, baby carrots Lemon bar	Chick pea dill Ham, scalloped potato, roasted root vegetables Rice krispie square	Parsnip and pear Chicken cacciatore, rice, zucchini Pudding	Roasted red pepper Shepherd's pie, mixed vegetables Blueberry scone
November 8-12	Borscht Pork ribette, O'brien potato, mixed vegetables Cheesecake	Chicken noodle Fish stew, tea biscuit, peas Arrowroot cookie	Tomato basil Beef bourguignon, boiled potato, carrots Jello and whip topping	Sesame chicken Beef tortellini, cauliflower and broccoli Pineapple	Cauliflower Salad, Chicken korma, basmati rice, green and yellow beans Brownie

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
November 15-19	Minestrone Salisbury steak, sweet potato tots, peas and carrots Tapioca pudding	Split pea Pork chop and gravy, mashed potato, squash Banana bread	Lemon quinoa Chicken a la king, rice, PEI mixed vegetables Apple sauce	French onion Salad, cheese quiche, potato patty, Brussel sprouts Maple poke cake	Sauerkraut Swedish meatballs, garlic bread, mixed vegetables Chef's choice
November 22-26	Red lentil Sundried tomato chicken, wild rice pilaf, parsnips Fruit yogurt	Tomato and garlic Salad, cheese perogies with onion and bacon, braised red cabbage Muffin	Carrot ginger Beef stroganoff, egg noodles, beets Chocolate cream pie	Beef barley Breaded fish, tater tots, corn Ambrosia salad	Cream of broccoli Turkey chili, cornbread, broccoli Banana

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.