

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 29-December 3	Mulligatawny Cabbage rolls, bun, green beans Butter tart	Cream of Mushroom Chicken & white wine sauce, couscous, broccoli Scone	Black bean Meatloaf & gravy, mashed potato, mixed vegetables Rice pudding	Curried squash Turkey pot pie, O'Brien potato, yellow beans Mandarin oranges	Cauliflower Salad, Pork ribette, wedge fries, mixed vegetables Chocolate cake
December 6-10	Red lentil Butter chicken, basmati rice, peas Apple crisp	Split pea Roast beef, baked potato, turnip and squash Coconut cream pie	Chicken & rice Fish cakes & tartar sauce, tater tots, corn Fruit cocktail	Red pepper Beef & broccoli, chow mein pasta, stir fried vegetables Nanaimo bar	Vegetable Bean & sausage stew, corn bread, green&yellow beans Mousse
December 13-17	Minestrone Pulled beef mac & cheese, ciabatta roll, carrots Chef's choice	Carrot dill Chicken parmesan, Linguini alfredo, mixed vegetables Cookie	Lemon Quinoa Salad, Moroccan beef stew, California mixed vegetables Pumpkin pie	Navy bean Pork & apples, mashed potato, squash Banana	Chef choice Fried chicken leg, hash brown casserole, zucchini Muffin

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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	Monday	Tuesday	Wednesday	Thursday	Friday
December 20-24	Cream of tomato Pork chop, roasted sweet potato, corn Blueberry yogurt	Beef barley Salad, Fish Florentine, tea biscuit, peas & carrots Peaches	Country vegetable Stuffed chicken, potato triangles, cauliflower Semolina cake	Borscht Bacon & cheese quiche, homefries, roasted tomato Jello	French onion Turkey with stuffing & gravy, mashed potato, Brussel sprouts Sticky toffee pudding
December 27-31	HOLIDAY	HOLIDAY	Italian wedding Salisbury steak, sweet potato fries, beets Chef choice	Turkey Ham, scalloped potato, roasted root vegetables Pudding	Broccoli & cheese Beef chili, garlic bread, corn & peas Digestive cookie

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