

## 2022 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>January 3-7</b>	<b>HOLIDAY</b>	Roasted Red Pepper  Breaded fish, tater tots, carrots  Mandarin oranges	Mulligatawny  Swiss steak, baked potato, mixed vegetables  Bran muffin	Chickpea Dill  Pork ribette, wedge fries, green & yellow beans  Pie	Corn Chowder  Spaghetti, ciabatta bun, California mixed vegetables  Jello
<b>January 10-14</b>	Kale & onion  Sundried tomato chicken, cous cous, corn  Arrowroot cookie	Nine bean  Irish beef stew, mashed potato, peas  Brownie	Cream mushroom  Sweet & sour pork, jasmine rice, stir fry vegetables  Cheesecake	Black bean  Salad, meatballs, egg noodles, mixed vegetables  Mousse	Parsnip & apple  Chicken paprikash, perogies & sour cream, green beans  Melon
<b>January 17-21</b>	Tomato basil  Salisbury steak, scalloped potato, turnip & squash  Nanaimo bar	Sauerkraut soup  Chicken leg, cornbread, cauliflower  Yogurt	Curried squash  Salad, pulled pork, potato triangles, roasted tomato  Blueberry scone	Potato & bacon  Cabbage rolls, boiled potato, beets  Pears	Beef barley  Lemon herbed sole, carrot rice, peas & corn  Chocolate cookie

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>January 24-28</b>	Broccoli & cheese  Lasagna, garlic bread, mixed vegetables  Cherry crisp	Country vegetable  Honey garlic chicken, chow mein noodles, broccoli  Rice krispie square	Split pea  Turkey schnitzel, O'brien potato, roasted root veg  Pudding	Chef's choice  Roast beef & gravy, mashed potato, braised cabbage  Gingerbread cake	Cream of celery  Salad, ham & cheese omelet, roll, yellow beans  Fruit cocktail
<b>January 31-February 4</b>	Carrot dill  Chicken a la king, rice, peas & carrot  Lemon poppyseed loaf	Alphabet soup  Salad, tourtiere meat pie, home fries, Brussel sprouts  Apple sauce	Red lentil  Sloppy joe casserole, carrots & cauliflower  Butter tart	Borscht  Sausage, hash brown casserole, corn  Chef's choice	Chicken noodle  Salmon loaf, sweet potato tots, zucchini  Ambrosia salad

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