

## 2022 Meals on Wheels Menu



If you cannot maintain a distance of six feet (two meters), 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>April 18-22</b>	Tomato  Breaded sole, tater tots, peas  Digestive cookie	Cream of broccoli  Chicken stir-fry with sesame chow mein noodles  Cherry cheesecake	Beef rice  Omelet, home fries, roasted tomato  Mandarin Cake	Navy bean  Beef goulash, ciabatta bun, sliced carrots  Fruit cocktail	Chef's choice  BBQ pork ribette, sweet potato tots, green & yellow beans  Pudding
<b>April 25-29</b>	Cream of spinach  Turkey chili, cornbread, peas and carrots  Ambrosia salad	Lemon Quinoa  Beef pot pie, boiled potato, mixed vegetables  Cinnamon bun	Sweet pea  Chicken parmesan, fettuccini alfredo, squash  Apple sauce	Creamy carrot  Pork and apple, sweet potato, red cabbage  Cookie	Pickle soup  Beef tortellini, roll, broccoli  Coconut cream pie
<b>May 2-6</b>	Cream of celery  Salisbury steak, mashed potato, beets  Muffin	Black bean  Chicken kiev, grain medley, corn  Jello	Parsnip and pear  Pork patties, pierogis, baby carrots  Lemon bar	Chicken and rice  Tuna casserole, tea biscuit, yellow and green beans  Pears	Roasted red pepper  Meatloaf, potato wedges, California mixed vegetables  Rice krispie square

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.

## 2022 Meals on Wheels Menu



If you cannot maintain a distance of six feet (two meters), 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>May 9-13</b>	Squash  Ham quiche, potato triangles, mixed vegetables  Peaches	Minestrone  Turkey meatballs, scalloped potato, root vegetables  Rocky road bar	Chickpea lemon dill  Chicken & white wine sauce, wild rice, Montego mixed veg  Berry yogurt	Cream mushroom  Pulled beef, mashed potato, Brussel sprouts  Mousse	Vegetable  Chicken a la king, roast red skinned potato, peas & carrot  Apple crisp
<b>May 16-20</b>	Italian wedding  BBQ chicken leg, penne noodles, zucchini  Banana	Mulligatawny  Brazilian basa, rice, broccoli and cauliflower  Brownie	Cauliflower cheddar  Lasagna, garlic bread, green beans  Chef choice	Kale and onion  Banger sausage, mashed potato, mixed vegetables  Arrowroot cookie	Lentil  Swiss steak, O'brien potato, cauliflower  Pineapple dream

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.