

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
April 18-22	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
April 25-29	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
May 2-6	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. Please see reverse side for more weeks.

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	Monday	Tuesday	Wednesday	Thursday	Friday
May 9-13	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
May 16-20	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

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