

## 2022 Meals on Wheels Menu Summer



THIS MENU WILL ROTATE UNTIL SEPTEMBER, AT WHICH TIME THERE WILL BE A NEW MENU POSTED

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. Please be aware the menu may change in response to donations or product shortages.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>May 23-27</b> <b>June 20-24</b> <b>July 18-22</b> <b>Aug 15-19</b>	Vegetable rice  Hungarian pork, pasta, green beans  Pears	Roasted red pepper  Salisbury steak, mashed potato, PEI mixed vegetables  Digestive cookie	Minted pea  Fried chicken, home fries, parsnips  Zucchini muffin	Country vegetable  Irish beef stew, roll, corn  Mixed berry bar	Italian wedding  Chicken patties, omelet, hash brown casserole, roast tomato  Fruited jello
<b>May 30-Jun 3</b> <b>Jun 27-Jul 1</b> <b>Jul 25-29</b> <b>Aug 22-26</b>	Tomato fennel  Beef stroganoff, egg noodles, mixed vegetables  Cranberry scone	Cream of mushroom  Pork chop & gravy, scalloped potato, squash  Cheesecake	French onion  Lemon herb fish, rice pilaf, California mixed vegetables  Date square	Broccoli & cheese  Chicken leg, roasted sweet potato, corn  Pudding	Coconut squash  Shepherd's pie, turnip & carrot  Fruit cocktail
<b>June 6-10</b> <b>July 4-8</b> <b>Aug 1-5</b> <b>Aug 29-Sep 2</b>	Corn chowder  Quiche, potato triangles, broccoli & cauliflower  Lemon loaf	Black bean  Stuffed chicken, O'brien potato, yellow beans  Apple sauce	Chickpea lemon dill  Honey mustard ham, baked potato & sour cream, cabbage  Yogurt	Chicken noodle  Fish cakes, potato tots, green & yellow beans  Nanaimo bar	Chef's choice  Meatballs & red pepper sauce, bread, Brussel sprouts  Peach cobbler

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>June 13-17</b>	Cauliflower	Potato kale	Carrot dill	Mushroom barley	Cream of tomato
<b>Jul 11-15</b>					
<b>Aug 8-12</b>	Turkey chili, corn bread, carrots	Pork ribette, baked macaroni & cheese, cauliflower	Chicken & white wine sauce, barley pilaf, peas	Swiss steak, roasted potato, beets	Chicken pot pie, sweet potato tots, broccoli
<b>Sep 5-9</b>	Peanut butter cookie	Bran muffin	Chocolate cream pie	Mandarin oranges	Rice krispie square

Please note that our offices are closed and there will be no meal deliveries on statutory holidays. Please call the office if you would like a frozen meal delivered for any of those days.

### **Statutory Holidays for this period:**

**MONDAY MAY 23, 2022 Victoria Day**

**FRIDAY JULY 1, 2022 Canada Day**

**MONDAY AUGUST 1, 2022 Civic Holiday**

**MONDAY SEPTEMBER 5, 2022 Labour Day**

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