

2022 Meals on Wheels Menu Winter



THIS MENU WILL ROTATE UNTIL DECEMBER, 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.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 12-16 Oct 10-14 Nov 7-11 Dec 5-9	Parsnip & pear Meatloaf & gravy, baked potato, beets Pudding	Split pea Tuna casserole, tea biscuit, broccoli Banana	Coconut squash Turkey schnitzel, O'brien potato, carrots Lemon bar	Mushroom soup Ham & pineapple, scalloped potato, roasted root veg Carrot pudding	Minestrone Moroccan beef stew, Montego mixed vegetables Arrowroot cookie
Sept 19-23 Oct 17-21 Nov 14-18 Dec 12-16	Cauliflower cheddar Chicken paprikash, egg noodles, baby carrots Rice pudding	Carrot ginger Salisbury steak & gravy, boiled potato, roasted zucchini Peanut butter cookie	Chicken vegetable Beef ravioli, ciabatta bun, green & yellow beans Apple sauce	Hamburger soup Mushroom & cheese quiche, wedge fries, peas Strawberry fluff	French onion Turkey & gravy, mashed potato, parsnips Blueberry scone
Sept 26-30 Oct 24-28 Nov 21-25 Dec 19-23	Lemon quinoa Sausage, pierogis & sour cream, Brussel sprouts Jello	Beef barley BBQ chicken leg, roll, squash Muffin	Black bean Breaded fish, tater tots, corn Yogurt	Chick pea & dill Spaghetti & meat sauce, mixed vegetables Cinnamon bun	Red lentil Sundried tomato chicken, roasted potato, cauliflower Mandarin oranges

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
Oct 3-7	Mulligatawny	Chicken noodle	Country vegetable	Roasted red pepper	Tomato fennel
Oct 31-Nov 4	Beef pot pie, home fries, turnip	Maple glazed salmon, wild rice, mixed vegetables	Sweet & sour chicken, chow mein noodles, carrots	Beef chili, cornbread, peas & corn	Danish pork chop, mashed potato, California mixed veg
Nov 28- Dec 2					
Dec 26-30	Ambrosia salad	Cherry cheesecake	Mousse	Fruit cocktail	Pumpkin cake

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 OCTOBER 10 THANKSGIVING DAY

MONDAY DECEMBER 26 BOXING DAY

TUESDAY DECEMBER 27 IN LIEU OF DEC 25 CHRISTMAS DAY

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