

2023 Meals on Wheels Menu Spring



This is a set menu. Based on your preferences and dietary needs, **your personal meal may differ.**

Please be aware that the menu may change at any time due unforeseen circumstances, such as product shortages

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jan 30-Feb 3 Feb 27-Mar 3 Mar 27-31 April 24-28	Vegetable noodle Breaded sole, wild rice pilaf, baby Carrot Peaches	Tomato Tourtiere meat pie, wedge potatoes, broccoli Lemon muffin	Cabbage Roast beef & gravy, mashed potato, beets OR Lasagna Chocolate pudding	Broccoli and cheese Pulled pork on a bun, scalloped potato, parsnips Jell-O	Cream of celery Butter chicken, basmati rice, peas and corn Apple crisp
Week 2 Feb 6-10 Mar 6-10 April 3-7 May 1-5	Red lentil Chicken with gravy, baked potato, turnip Tapioca pudding	Potato leek Octoberfest sausage, pierogis, diced carrot Cobbler	Split pea soup Turkey pot pie, boiled potato, Brussel sprouts Mandarins	Chicken noodle Swedish meatballs, egg noodle, peas Nanaimo bar	Borscht Ham and cheese omelet, tater tots, roasted tomatoes Pineapple cake
Week 3 Feb 13-17 Mar 13-17 April 10-14 May 8-12	French onion Sloppy Joe casserole, mixed vegetables Muffin	Chicken rice Lemon dill gratin basa, boiled potato, green beans Fruit yogurt	Corn chowder Pork and apple, rice, squash Mousse	Bean and bacon Sundried tomato chicken, Israeli couscous, broccoli Cheesecake	Country Vegetable Beef burger with pickle and cheese, peas and carrot Chocolate banana loaf

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
Week 4	Florentine	Pickle soup	Mushroom soup	Alphabet soup	Creamy turkey
Feb 20-24					
Mar 20-24	Turkey a la king, mashed potato, corn	BBQ ribette, hash brown casserole, red cabbage	Chicken parmesan pasta, yellow and green beans	Pepper steak, sweet potato puffs, cauliflower	Cabbage rolls, bun, turnip and squash
April 17-21					
May 15-19	Molasses cookie	Creamsicle dessert	Carrot cake	Coconut cream pie	Fresh fruit

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 February 20th Family Day

Friday April 7th Good Friday

Monday May 22nd Victoria Day

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