

2023 Meals on Wheels Menu Summer



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
Week 1 May 22- 26	Holiday	Roasted red pepper Salisbury steak, mashed potato, Pei mixed vegetables Digestive cookie	Minted Pea Fried Chicken, home fries, parsnips Chef Choice	Chickpea Lemon Dill Irish Beef Stew, roll, corn Lemon Bar	Italian Wedding Pierogis and bacon, Braised cabbage Fruited Jell-O
Week 2 May 29 – June 2	Mushroom Octoberfest sausage, scalloped potato, squash Cranberry scone	Tomato fennel Beef Stroganoff, egg noodles, mixed vegetables Cheesecake	French Onion Poached fish gratin, rice pilaf, Montego mixed vegetable Date Square	Broccoli and Cheese Turkey schnitzel, roasted sweet potato, corn Pudding	Coconut squash Shepherd’s pie, turnip and carrots Fruit cocktail
Week 3 June 5- 9	Corn chowder 3 Cheese quiche, potato triangles, broccoli & cauliflower Lemon loaf	Split pea Stuffed chicken, Obrien potatoes, yellow beans Apple sauce	Country vegetable Honey glazed ham, baked potato, red cabbage Yogurt	Chicken noodle Fish cakes, potato tots, peas & carrots Mixed berry bar	Borscht Meatballs & roasted pepper sauce, roll, 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. Please see reverse side for more weeks.

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Week 4	Cauliflower	Carrot dill	Potato kale	Mushroom barley	Cream of tomato
June 12-16	Turkey chili, corn bread, peas	Chicken & wine sauce, barley pilaf, broccoli	BBQ Ribette, baked macaroni & cheese, cauliflower	Swiss steak, roast potato, beets	Chicken pot pie, sweet potato tots, carrots
	Cookie	Chocolate cream tart	Bran muffin	Mandarin oranges	Rice krispie squares

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 22nd Victoria Day

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