

2023 Meals on Wheels Menu Winter



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 Oct 9-13 Nov 6-10 Dec 4-8	Pear and parsnip Meatloaf and gravy, baked potato, beets Butterscotch pudding	Country vegetable Tuna casserole, tea biscuit, broccoli Banana	Coconut squash Turkey schnitzel, O'brien potato, Carrots Brownie	Mushroom Ham, scalloped potato, roasted root vegetable Éclair cake	Minestrone Moroccan beef stew, Montego vegetable Arrowroot cookie
Week 2 Oct 16-20 Nov 13-17 Dec 11-15	Cauliflower cheese Chicken paprikash, egg noodles, peas Rice pudding	Tuscan bean Salisbury steak & gravy, boiled red skin potato, zucchini Peanut butter cookie	Chicken & vegetable Beef ravioli, ciabatta bun, green and yellow beans Apple sauce	Hamburger Soup Cheese quiche, wedge fries, baby carrots Strawberry fluff	French onion Turkey and gravy, mashed potato, parsnip and turnip Blueberry scone
Week 3 Oct 23-27 Nov 20-24 Dec 18-22	Lemon quinoa Sausage, pierogis and sour cream, Brussel sprouts Jello	Beef barley BBQ chicken leg, roll, California vegetable Pumpkin cake	Black bean Breaded fish, tater tots, corn Yogurt	Sesame chickpea Spaghetti & meat sauce, mixed vegetables Cinnamon bun	Red lentil Sundried tomato chicken, roasted potato, cauliflower Mandarins

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	Chicken noodle	Mulligatawny	Split pea	Roasted red pepper	Carrot ginger
Oct 30 -					
Nov 3	Salmon, Wild rice pilaf, mixed vegetables	Beef pot pie, home fries, turnip	Sweet and sour chicken, chow mein noodles, carrots	Beef chili, corn bread, corn & peas	Danish pork chop, mashed potato, squash
Nov 27 -					
Dec 1					
Dec 27-29	Ambrosia Salad	Mousse	Cake	Fruit cocktail	Banana muffin

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 9th- Thanksgiving Holiday

Monday December 25th- Christmas Day Holiday

Tuesday December 26th- Boxing Day Holiday

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