


MEALS ON WHEELS – MENU FOR HOT MEALS – THE MEALS GO IN A FOUR WEEK ROTATION

	MONDAY	WEDNESDAY	FRIDAY
WEEK - W	Ham and Pineapple sauce	Sweet & Sour Pork	Butter Chicken
	Beef Squash Stew	Chicken Breast/ Gravy	Mexican Rice Bean
	Scalloped Potato	Rice	Rice
	Mix Vegetable	Oriental mix Veg	Carrots/Cauliflower
WEEK - X	Greek Chicken Pasta	Roast Pork /gravy	MAC & CHEESE,
	Roast Turkey / Gravy	Shepherds Pie	Beef Rib let
	Mashed Potato	Mashed potato	Mashed Potato
	Broccoli/ Carrot	Winter Mix	Carrot/ Rutabaga
WEEK - Y	Chicken Finger	Three Bean chili	Roast Pork/ Gravy
	Beef Squash Stew	Chicken breast/Lemon Dill Sc	Turkey Cutlet
	Mashed Potato/Gravy	Rice	mashed Potato
	Broccoli/ Carrot	Peas /Corn	Broccoli /Carrot
WEEK - Z	Ham Cheese Frittata	Meat Loaf with Gravy	Cabbage Roll
	Macaroni Beef	Salmon with lemon dill sauce	Chicken Finger
	Mashed Potato	Rice	Roasted Baby Potato
	Winter Mix	Fall Medley Mix	Oriental Mix Veg/ Beets

MEALS MAYBE SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD