

MEAL ON WHEELS MENU

WEEK W	MONDAY	WEDNESDAY	FRIDAY
	Cabbage Roll Casserole – 1/12 Ham / Pineapple Sc – 1 ptn Mixed Vegetables - 1 cup Mashed Potato - #8 scoop	Chicken Breast - 1 Beef & Squash Stew - #6 scoop Broccoli - ½ cup Rice - ½ cup	Meatloaf / Mushroom Sauce- Chicken Finger/s Green Beans - 1 cup Diced Roast Potatoes - ½ cup
WEEK X	MONDAY	WEDNESDAY	FRIDAY
	Roast Turkey / Gravy - 2 slices Salisbury Steak / Onion Gravy -1 Mixed Vegetables -1 cup Mashed Potato - #8 scoop	Macaroni & Cheese -#6 scoop Roast Pork / Gravy- 3 slices California Mix - ½ cup Baked Tomato - 1 Mashed Potato - #8 scoop	Shepherd’s Pie / Gravy - 1/12 Haddock Loin / Lemon Dill Sc - 1 Broccoli Florets - 1 cup Rice - ½ cup
WEEK Y	MONDAY	WEDNESDAY	FRIDAY
	Chicken Breast/Honey Garlic -1 Vegetarian Lasagna – 1/12 Julienne Carrots - ½ cup Mashed Potato - #8 scoop	Breaded Beef Cutlet / Gravy – 1 pc S&S Pineapple Pork - #6 scoop Squash - ½ cup Peas - ½ cup Mashed Potato - #8 scoop	Pork Patty / Onion Gravy – 1 ptn Chicken Vegetable Pasta – 1 ptn Mixed Vegetables - 1 cup Rice - ½ cup
WEEK Z	MONDAY	WEDNESDAY	FRIDAY
	Meatballs / Gravy - 5 Salmon / Herb sauce - 1 Sunrise Mix - 1 cup Mashed Potato - #8 scoop	Perogy Casserole - 1/12 Chicken Stirfry - #6 scoop Green Beans - ½ cup Rice - ½ cup	Chicken Breast - 1 Macaroni Beef - #6 scoop Broccoli - ½ cup Carrot Coins - ½ cup Mashed Potato - #8 scoop

MEALS MAYBE SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD