

**MEAL ON WHEELS MENU**

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

**MEALS MAYBE SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD**