

MEALS ON WHEELS

2 WEEK ROTATING MENU

For more information or to register, call 519-326-8629 or visit secc.on.ca



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|--|--|--|
| Week 1 | <p>Soup of the Day Tuna Noodle Casserole</p> <p>Green Peas Cookies</p> | <p>Soup of the Day Hot Turkey and Gravy</p> <p>Potatoes au Gratin Corn Apple Crumble</p> | <p>Soup of the Day Beef Stew</p> <p>Slice of Sourdough Bread Banana</p> | <p>Soup of the Day Scalloped Chicken and Potatoes</p> <p>Peas Canned Pineapple</p> | <p>Soup of the Day Roast Beef with Mushroom Gravy</p> <p>Mashed Potatoes Steamed Carrots Apple Sauce</p> |
| Week 2 | <p>Soup of the Day Meatloaf</p> <p>Mashed Potatoes Steamed Broccoli Cookies</p> | <p>Soup of the Day Chicken Parmesan</p> <p>Pasta with Marinara Sauce Roasted Veggie Mix Cocktail Fruit</p> | <p>Soup of the Day Swedish Meatballs</p> <p>Rice Steamed Carrots Blueberry Crumble</p> | <p>Soup of the Day Sweet and Sour Porkloin</p> <p>Cheesy Cauliflower Baked Beans Apple Sauce</p> | <p>Soup of the Day Shepherds Pie</p> <p>Mashed Potatoes Peas and Corn Cocktail fruit</p> |

Please note that some menu items may vary based on availability and produce in season.