

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 Meat Pie</p> <p>Fresh Fruit</p>	<p>Soup of the Day Roasted Chicken Thighs</p> <p>Roasted Potatoes Roasted Vegetables Canned Pineapple</p>	<p>Soup of the Day Honey Garlic Porkloin</p> <p>Cheesy Cauliflower Baked Beans Apple Sauce</p>	<p>Soup of the Day Lemon Chicken Alfredo</p> <p>Peas Canned Fruit</p>	<p>Soup of the Day Roast Beef with Mushroom Gravy</p> <p>Mashed Potatoes Steamed Carrots Peach Crumble</p>
Week 2	<p>Soup of the Day Beef Stroganoff</p> <p>Peas Fresh Fruit</p>	<p>Soup of the Day Ham Salad Sandwich</p> <p>Potato Salad Coleslaw Canned Pineapple</p>	<p>Soup of the Day Turkey & Dumpling Casserole</p> <p>Apple Sauce</p>	<p>Soup of the Day Sausage & Onions</p> <p>Sweet Potatoes Braised Cabbage Blueberry Crumble</p>	<p>Soup of the Day Shepherds Pie</p> <p>Mashed Potatoes Peas and Corn Fresh Fruit</p>

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