

MEALS ON WHEELS

4 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 Chicken</p> <p>Broccoli Alfredo Fruit Cocktail</p>	<p>Soup of the Day BBQ Pork</p> <p>Brown Rice Corn Fresh Fruit</p>	<p>Soup of the Day Beef and Chickpea Chili</p> <p>Apple Sauce</p>	<p>Soup of the Day Braised Chicken Thighs</p> <p>Peppers Onions Sweet Potatoes Cookies</p>	<p>Soup of the Day Meatloaf</p> <p>Brocoli Cream Potatoes Canned Pineapple</p>
Week 2	<p>Soup of the Day Beef Cabbage Roll Casserole</p> <p>Fruit Cocktail</p>	<p>Soup of the Day Honey Garlic Pork</p> <p>Roasted Potatoes and Vegetables Fresh Fruit</p>	<p>Soup of the Day Beef Ragu</p> <p>Celery Onions Roasted Potatoes Apple Sauce</p>	<p>Soup of the Day Chicken Dumpling Stew</p> <p>Cookies</p>	<p>Soup of the Day Ham Steaks</p> <p>Corn Rice Canned Pineapple</p>

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

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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	<p>Soup of the Day Cheesy Lasagna</p> <p>Peas Fresh Fruit</p>	<p>Soup of the Day Hearty Chicken Stew</p> <p>Bun Fresh Fruit</p>	<p>Soup of the Day Braised Pork</p> <p>Baked Beans Carrots Apple Sauce</p>	<p>Soup of the Day BBQ Chicken</p> <p>Sweet Potato Mash Cauliflower Cookies</p>	<p>Soup of the Day Roast Beef</p> <p>Mashed Potatoes Peas Canned Pineapple</p>
Week 4	<p>Soup of the Day Bolognese Pasta</p> <p>Cauliflower Fruit Cocktail</p>	<p>Soup of the Day Chicken Stir Fry</p> <p>Rice Fresh Fruit</p>	<p>Soup of the Day Honey Garlic Turkey Meatballs</p> <p>Carrots Noodles Apple Sauce</p>	<p>Soup of the Day Sausage Stew with Diced Tomatoes, Kale and Potatoes</p> <p>Cookies</p>	<p>Soup of the Day Roast Turkey</p> <p>Cheesy Cauliflower Roasted Potatoes Canned Pineapple</p>

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