

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 Canned Pineapple</p>	<p>Soup of the Day Hot Beef Sandwich</p> <p>Potatoes Corn Apple Sauce</p>	<p>Soup of the Day Chicken Dumpling Soup</p> <p>Fruit Cocktail</p>	<p>Soup of the Day BBQ Pork</p> <p>Zucchini Rice Fresh Fruit</p>	<p>Soup of the Day Cod</p> <p>Fries Coleslaw Cookies</p>
Week 2	<p>Soup of the Day Chicken Stirfry</p> <p>Rice Canned Pineapple</p>	<p>Soup of the Day Ham and Cheese on Sourdough</p> <p>Coleslaw Apple Sauce</p>	<p>Soup of the Day Beef Stew</p> <p>Fruit Cocktail</p>	<p>Soup of the Day Sausage</p> <p>Mashed Potatoes Braised Cabbage Fresh Fruit</p>	<p>Soup of the Day Roasted Chicken Thighs</p> <p>Carrots Pesto Pasta Cookies</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	Soup of the Day Veg Lasagna Pineapple	Soup of the Day Beef Stuffed Peppers Fresh Fruit	Soup of the Day Hearty Chicken Stew Fruit Cocktail	Soup of the Day Braised Beef Spezal Red Peppers Fresh Fruit	Soup of the Day BBQ Chicken Sweet Potato Mash Cauliflower Cookies
Week 4	Soup of the Day Chicken Pesto Noodles Veg Pineapple	Soup of the Day Egg Salad Side Salad Fresh Fruit	Soup of the Day Bacon Broccoli Cheddar Stew Fruit Cocktail	Soup of the Day Honey Garlic Chicken Meatballs Carrots Noodles Fresh Fruit	Soup of the Day Roast Pork Green Beans Sweet Potatoes Cookies

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