

Meals on Wheels Hot Menu Week by Week 2023



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	Monday	Monday	Monday	Monday
Main Entrée or Alternate entrée	Chicken pasta rose with beans (LC, LF)	Bangers and mash with mashed potatoes, gravy and peas	Salisbury steak with mushroom gravy, home fried potatoes and mixed carrots, beans, and pearl onions	Scrambled eggs & home fries with a side of baked beans in tomato sauce
Soup	Beef barley	Minestrone (LC, LF, LS, V)	Tomato (LC, LS, V)	Cauliflower (LC, V)
Dessert	Apple Crisp	Apple streusel cake	Carrot cake (V)	Chocolate fudge cake (LS, V)
	Tuesday	Tuesday	Tuesday	Tuesday
Entrée	Apple braised pork with mashed potatoes and a mix of peas carrots (LC, LF)	Meatloaf and mushroom gravy with mashed potatoes, green and yellow beans and carrots	Vegetable stew with mashed potatoes and carrots mixed with beans (LC, LF, VV)	Tuna pasta casserole with peas and carrots
Soup	Broccoli (LC, LF, VV)	Carrot (LC, LF, V)	Mushroom (LC, V)	Minestrone (LC, LF, LS, V)
Dessert	Butter tart	Peach cobbler (LS, V)	Cheesecake (NAS, V)	Peach cobbler (LS, V)
	Wednesday	Wednesday	Wednesday	Wednesday
Entrée	Mac, meat and cheese with ground beef in tomato sauce, topped with mac/cheese with green and yellow beans and carrot	Vegetable lasagna with peas and pearl onions, mixed corn, green and red peppers	Salmon in lemon sauce with white rice and peas with carrots (LC)	Chicken cacciatore rotini pasta in Mediterranean-style sauce with carrots and beans (LC, LF, LS)
Soup	Chicken noodle	Cauliflower (LC, V)	Chicken noodle	Potato & Leek (LC, V)
Dessert	Date square (LC, LF)	Raspberry tart (LS)	Date square (LC, LF)	Lemon cake (LS, LV)
	Thursday	Thursday	Thursday	Thursday
Entrée	Vegetarian pasta primavera with mixed orange and yellow carrots and green beans (LC, LF, VV)	Fish & chips with mixed carrots, peas with carrots	Turkey with stuffing with mashed potatoes and peas (LC, LF)	Baked ham in pineapple sauce with mashed potatoes and carrots (LC, LF)
Soup	Split pea and ham (LC, LF)	Potato & Leek (LC, V)	Split pea and ha, (LC, LF)	Mushroom (LC, V)
Dessert	Cherry cobbler (LS, VV)	Triple berry crumble	Cherry cobbler (LS, VV)	Butter tart
	Friday	Friday	Friday	Friday
Entrée	Asian style glazed salmon with rice and mixed vegetables (LC, LF, LS)	Chicken breast with broccoli and white cheddar sauce with home fries and mixed carrots, beans, peas and pearl onions	Rib style pork cutlet in bbq sauce with squash and home fried potatoes	Traditional pot roast with country-style potatoes, carrots and green and yellow beans (GF, LC, LF)
Soup	Country vegetable (LC, LF, LS, VV)	Squash (LC, LF, VV)	Tomato (LS, LC, V)	Carrot (LC, LF, V)
Dessert	Chocolate brownie (NAS, V)	Lemon cake (LS, V)	Apple crisp (LS, V)	Raspberry tart (LS)
GF - Gluten free	VV - Vegan			
LC - Low calorie	V - Vegetarian			
LF - Low fat	NAS - No added sugar			
LS - Low sodium				
		705-746-5602	*ALL MENU ITEMS ARE SUBJECT TO CHANGE DEPENDING ON STOCK*	

SPECIAL DIETS: Minced or pureed diets are available on special order. Please contact our office 2 weeks ahead.