

Meals on Wheels Hot Menu Week by Week 2023



	WEEK 5	WEEK 6	WEEK 7	WEEK 8
	Monday	Monday	Monday	Monday
Main Entrée or Alternate entrée	Beef stew with squash and mashed potatoes (LC, LF, LS)	Pork with stuffing with country-style potatoes and carrots (LC, LF, LS)	Beef stroganoff over egg noodles with peas (LC)	Asian style glazed salmon with rice and mixed vegetables (LC, LF, LS)
Soup	Broccoli (LC, LF, VV)	Tomato (LC, LS, V)	Country vegetable (LC, LF, LS, VV)	Tomato (LC, LS, V)
Dessert	Triple berry crumble	Chocolate brownie (NAS, V)	Apple crisp (LS, V)	Raspberry tart (LS)
	Tuesday	Tuesday	Tuesday	Tuesday
Entrée	Sweet & sour pork with basmati rice Pilaf and vegetable mix (LC, LF, LS)	Shepherd's pie with peas and carrots (LC, LF, LS)	Vegetable pasta primavera with mixed orange and yellow carrots and green beans (LC, LF, VV)	Vegetable stew with mashed potatoes and and carrots mixed with beans (LC, LF, VV)
Soup	Carrot	Split pea & ham (LC, LF)	Minestrone (LC, LF, LS, V)	Chicken noodle (LC, LF)
Dessert	Lemon cake (LS, LV)	Cherry cobbler (LS, VV)	Butter tart	Banana cake
	Wednesday	Wednesday	Wednesday	Wednesday
Entrée	Meatballs & peppers in herb gravy with mashed potatoes and carrots (LC)	Scrambled eggs & home fries with a side of baked beans in tomato sauce	Lemon herb fish haddock with a creamy herb sauce served with red-skinned potatoes and mixed carrots and green beans (GF, LC, LF, LS)	Chicken pot pie with chicken and vegetables in a cream sauce topped with pastry served with green beans and carrots (LC)
Soup	Cauliflower (LC, V)	Squash (LC, LF, VV)	Broccoli (LC, LF, VV)	Minestrone (LC, LF, LS, V)
Dessert	Peach cobbler (LS, V)	Butter tart	Date square	Butter tart
	Thursday	Thursday	Thursday	Thursday
Entrée	Vegetarian macaroni & cheese with mixed vegetables (V)	Fish florentine with a cheese sauce over haddock fillet on a bed of spinach is served with red-skinned potatoes and carrots (LC)	Breaded chicken fingers with french fries, peas and carrots	Bangers & mash with mashed potatoes, gravy and peas
Soup	Mushroom (LC, V)	Beef barley	Carrot	Cauliflower (LC, V)
Dessert	Banana cake	Apple streusal cake	Peach cobbler (LS, V)	Apple crisp (LS, V)
	Friday	Friday	Friday	Friday
Entrée	Fish cakes with french fries, peas and carrots	Chicken with pork jambalaya with green beans and carrots (LC)	Pork loin with country-style potatoes and succotash	Steak and mushroom pie with mixed carrots, beans, peas and pearl onions (LC)
Soup	Potato & Leek (LC, V)	Chicken noodle	Beef barley (LC, LF)	Squash (LC, LF, VV)
Dessert	Date square (LC, LF)	Apple crisp	Carrot cake (V)	Date square (LC, LF)
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.