



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

August 2021

Name: \_\_\_\_\_

**Monday**

**Aug 04-21 WED**

Chicken Pot Pie  
Tea Biscuit  
Strawberry Rhubarb Crisp

# of Meals: 1 2 3

**Aug 9-21**

Breaded Pork Cutlet w Apple Sauce  
Rosemary Garlic Potato  
Peach Upside-down Cake

# of Meals: 1 2 3

**Aug 16-21**

Oregano and Tomato Chicken  
Hash Brown Potato  
Chocolate Zucchini Cake

# of Meals: 1 2 3

**Aug 23-21**

Ham  
Scalloped Pot/Baked Beans  
Fruit Flan

# of Meals: 1 2 3

**Aug 30-21**

Turkey Tetrazzini  
Garlic Bun  
Jelly Roll

# of Meals: 1 2 3

**Tuesday**

**Aug 03-21**

Cabbage Rolls  
Boiled Potato  
Assorted Desserts

# of Meals: 1 2 3

**Aug 10-21**

Sausage Casserole  
Home Fries  
Rice Pudding

# of Meals: 1 2 3

**Aug 17-21**

Roast Pork  
Mashed Potato  
Lemon Squares

# of Meals: 1 2 3

**Aug 24-21**

Chicken Souvlaki  
Rice Pilaf  
Jell-O Parfait

# of Meals: 1 2 3

**Aug 31-21**

Spiced Pork Chop  
Mashed Potato  
Butter Tart

# of Meals: 1 2 3

**Thursday**

**Aug 05-21**

Swedish Meatballs  
Whipped Potato  
Pumpkin Tarts

# of Meals: 1 2 3

**Aug 12-21**

Sweet and Sour Chicken  
Rice Pilaf  
Fruit Salad

# Meals: 1 2 3

**Aug 19-21**

Swiss Steak  
Parmesan Roasted Potato  
Rhubarb Custard Cake

# of Meals: 1 2 3

**Aug 26-21**

Roast Beef  
Mashed Potato  
White Chocolate Tiramisu

# of Meals: 1 2 3

**\*Please note\*: Monday  
Aug.2nd meals will be  
delivered on Wed Aug. 4th  
due to the Civic Holiday**

# of Meals: 1 2 3



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

September 2021

Name: \_\_\_\_\_

Monday

Tuesday

Thursday

\*Please note\*: Mon Sept.6th meals will be delivered on Wed. Sept.8th instead due to the Labour Day Holiday.

# of Meals: 1 2 3

Wed Sept 08-21

Pork Cutlet
Lemon Rosemary Potato
Coconut Cream Tart

# of Meals: 1 2 3

Sept 13-21

Shepherds Pie
Mashed Potato
Rhubarb Coffee Cake

# of Meals: 1 2 3

Sept 20-21

Roast Pork
Mashed Potato
Pineapple Cake

# of Meals: 1 2 3

Sept 27-21

Maple Glazed Chicken
Roasted Potato
Chocolate Macaroon Cupcake

# of Meals: 1 2 3

Sept 07-21

Salisbury Steak
Mashed Potato
Orange Poppy Seed Loaf

# of Meals: 1 2 3

Sept 14-21

Chicken Marsala
Mashed Potato
Cheesecake

# of Meals: 1 2 3

Sept 21-21

Chicken Parmesan
Home Fries
Bread Pudding

# of Meals: 1 2 3

Sept 28-21

Cheese and Spinach Cannelloni
Tossed Salad
Iced Banana Bars

# of Meals: 1 2 3

Sept 02-21

Lasagna
Tossed Salad
Date Square

# of Meals 1 2 3

Sept 09-21

Chicken Cacciatore
Buttered Noodles
Chocolate Bundt Cake

# of Meals: 1 2 3

Sept 16-21

Beef Goulash
Boiled Potato
Apple Crisp

# of Meals: 1 2 3

Sept 23-21

Cold Turkey Plate
Assorted Salads
Apple cake w Caramel Sauce

# of Meals: 1 2 3

Sept 30-21

Roast Beef
Mashed Potato
Berry Cobbler

# of Meals: 1 2 3