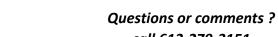
Rural Frontenac Community Services- Meals on Wheels Menu-



Please fill in and return asap.

call 613-279-3151

Monday

Nov 27-23

Spiced Pork Chop **Home Fries** Lemon Bars

of Meals: 1 2 3

Dec 04-23

BBQ Chicken Breast Mashed Potato Assorted Desserts

of Meals: 1 2 3

Dec 11-23

Shepherd's Pie **Mashed Potato Date Square**

of Meals: 1 3

Dec 18-23

Breaded Pork Chop Roasted Potato Assorted Christmas Cookies # of Meals: 1

Dec 25-23

CLOSED

3 # of Meals: 1

Tuesday

Nov 28-23

Chicken Divan Mashed Potato Cherry Cheesecake

of Meals: 1 2 3

Dec 05-23 **Beef Stew**

Tea Biscuit Lemon Poppy Seed Cake

of Meals: 1

Dec 12-23

Roast Pork Mashed Potato Fruit Salad # of Meals: 1

Dec 19-23

3

Chicken Parmesan **Buttered Noodles** Chocolate Brownie # of Meals: 1

Dec 26-23

CLOSED

of Meals: 1 2

Thursday

Name: _____

Nov 30-23

Spaghetti W Meat Sauce Tossed Salad & Bun Pecan Coffee Cake

of Meals: 1 2 3

Dec 07-23

Pork Schnitzel **Buttered Potato Iced Cupcake**

of Meals: 1 2

Dec 14-23

Roasted Chicken Thigh Homefries

Coconut Cream Tart

of Meals: 1 2

Dec 21-23

Roast Turkey Dinner w Stuffing Mashed Potato Jello Parfait

of Meals: 1 2

3

Dec 28-23

Closed

of Meals: 1

Rural Frontenac Community Services- Meals on Wheels Menu

Questions or comments?

call 613-279-3151

Monday Tuesday

3

Jan 01-24 **CLOSED**

of Meals: 1 3 Jan 08-24

Honey Garlic Pork Chop Homefries **Assorted Desserts**

of Meals: 1 2

Jan 15-24

Chicken Cacciatore Rice Pilaf Iced Maple Cake # of Meals: 1

Jan 22-24

Swiss Steak Mashed Potato Naniamo Bars # of Meals: 1 2

Jan 29-24

Oven Baked Fish **Roasted Potato** Pineapple Upside Down Cake # of Meals: 1

Jan 02-24

Roast Beef Mashed Potato Carrot Cake

of Meals: 1 3

Jan 09-24

Chicken Marsala **Mashed Potato** Lemon Pound Cake

of Meals: 1 2 3

Jan 16-24

Salisbury Steak Mashed Potato **Apple Crisp**

of Meals: 1 2

Jan 23-24

Roast Pork Mashed Potato Marble Cake # of Meals: 1 2 3

3

Jan 30-31

BBQ Pork Cutlet Hashbrowns Lemon Lasagna Dessert # of Meals: 1

Thursday

Name: _____

Jan 04-24

Chicken Stew Tea Biscuit Chocolate Mousse

of Meals: 1 2

Jan 11-24

Meatloaf Mashed Potato Raspberry Shortbread Bars # of Meals: 1

Jan 18-24

Lasagna **Tossed Salad-Bun** Zucchini Banana Cake # of Meals: 1 2

Jan 25-24 Ham

Scalloped Potato-Baked Beans Rice Pudding

of Meals: 1 2

Feb 01-24

Cabbage Rolls Mashed Potato Hello Dolly Square

of Meals: 1