



Rural Frontenac Community Services

Meals on Wheels Menu **613-279-3151**

Name: _____

Monday

July 29-24

Roast Beef
Mashed Potato
Oatmeal Raisin Cookies

of Meals: 1 2 3

Tuesday

July 30-24

Sweet and Sour Meatballs
Rice Pilaf
Lemon Meringue Tart

of Meals: 1 2 3

Thursday

Aug 01-24

Breaded Pork Chop
Parmesan Potato
Cheesecake w Fruit Topping

of Meals: 1 2 3

WEDNESDAY Aug 07-24

Chicken Cacciatore
Buttered Noodles
Chocolate Brownie

of Meals: 1 2 3

Aug 06-24

Honey Garlic Pork Chop
Home Fries
Assorted Desserts

of Meals: 1 2 3

Aug 08-24

Cabbage Rolls
Mashed Potato
Rice Pudding

of Meals: 1 2 3

Aug 12-24

Roast Pork
Mashed Potato
Hello Dolly Squares

of Meals: 1 2 3

Aug 13-24

Chicken Pot Pie
Tea Biscuit
Lemon Poppyseed Loaf

of Meals: 1 2 3

Aug 15-24

Lasagna
Tossed Salad-Bun
Apple Crumble Tarts

of Meals: 1 2 3

Aug 19-24

Shepherds Pie
Mashed Potato
Iced Cupcakes

of Meals: 1 2 3

Aug 20-24

Stuffed Chicken Breast
Rice Pilaf
Raspberry Oat Bars

of Meals: 1 2 3

Aug 22-24

Ham
Scalloped Potato-Baked Beans
Chocolate Zucchini Cake

of Meals: 1 2 3

Aug 26-24

Chicken Parmesan
Buttered Noodles
Iced Maple Cake

of Meals: 1 2 3

Aug 27-24

Swedish Meatballs
Boiled Potato
Chocolate Mousse

of Meals: 1 2 3

Aug 29-24

Beef and Macaroni Casserole
Caesar Salad
Lemon Bars

of Meals: 1 2 3



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Name: _____

Monday

Tuesday

Thursday

Wednesday Sept 04-24

Pork Cutlet in Mushroom Gravy
Mashed Potato
Date Squares

of Meals: 1 2 3

Sept 03-24

Roasted Chicken Leg & Thigh
Home Fries
Assorted Desserts

of Meals 1 2 3

Sept 05-24

Roast Beef
Mashed Potato
Apple Crisp

of Meals 1 2 3

Sept 09-24

Chicken Cacciatore
Buttered Noodles
Pineapple Upside Down Cake

of Meals: 1 2 3

Sept 10-24

MeatLoaf
Mashed Potato
Coconut Cream Tart

of Meals: 1 2 3

Sept 12-24

Pork Schnitzel
Garlic Mashed Potato
Jello Parfait

of Meals: 1 2 3

Sept 16-24

Pot Roast
Boiled Potato
Nanaimo Bar

of Meals: 1 2 3

Sept 17-24

Chicken Marsala
Mashed Potato
Chocolate Bundt Cake

of Meals: 1 2 3

Sept 19-24

Spaghetti Bolognese
Tossed Salad-Bun
Lemon Pound Cake

of Meals: 1 2 3

Sept 23-24

Oven Baked Fish
Roasted Potato
Carrot Cake

of Meals: 1 2 3

Sept 24-24

Roast Pork
Mashed Potato
Lemon Meringue Tart

of Meals: 1 2 3

Sept 26-24

Cold Plate
2 Side Salads
Buttertart Bar

of Meals: 1 2 3

Sept 30-24

Spiced Pork Chop
Home Fries
Oatmeal Chocolate Chip Cookies

of Meals: 1 2 3

Oct 01-24

Swiss Steak
Mashed Potato
Frosted Banana Bar

of Meals: 1 2 3

Oct 03-24

Peameal Bacon
Home Fries
Cheesecake w Fruit Topping

of Meals: 1 2 3