



Rural Frontenac Community Services

Meals on Wheels Menu
613-279-3151

Name: _____

Monday

Jan 27-25

Chicken Parmesan
Buttered Noodles
Iced Maple Cake

of Meals: 1 2 3

Feb 03-25

Breaded Pork Chop
Garlic Mashed Potato
Buttertart Bar

of Meals: 1 2 3

Feb 10-25

Roast Beef
Mashed Potato
Chocolate Brownie

of Meals: 1 2 3

Feb 17-25

HOLIDAY
NO MEAL

Feb 24-25

Chicken Cacciatore
Buttered Noodles
Assorted Desserts

of Meals: 1 2 3

Tuesday

Jan 28-25

Meatloaf
Mashed Potato
Hello Dolly Squares

of Meals: 1 2 3

Feb 04-25

Chicken Divan
Rice Pilaf
Lemon Meringue Tart

of Meals: 1 2 3

Feb 11-25

Pork Schnitzel
Home Fries
Carrot Cake

of Meals: 1 2 3

Feb 18-25

Roast Pork
Mashed Potato
Coffee Cake

of Meals: 1 2 3

Feb 25-25

Honey Garlic Pork Chop
Roasted Potato
Strawberry Rhubarb Crisp

of Meals: 1 2 3

Thursday

Jan 30-25

Lasagna
Tossed Salad-Bun
Apple Crisp

of Meals: 1 2 3

Feb 06-25

Hamburg Steak w Fried Onions
Mashed Potato
Oatmeal Chocolate Chip Cookie

of Meals: 1 2 3

Feb 13-25

Stuffed Chicken Breast
Buttered Potato
Lemon Poppyseed Loaf

of Meals: 1 2 3

Feb 20-25

Spaghetti w Meat Sauce
Tossed Salad/Bun
Pumpkin Pie

of Meals: 1 2 3

Feb 27-25

Pot Roast
Boiled Potato
Date Square

of Meals: 1 2 3



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Name: _____

Monday

Mar 03-25
Beef Stew
Tea Biscuit
Chocolate Bundt Cake
of Meals: 1 2 3

Mar 10-25
Oven Baked Fish
Hash Browns
Nanaimo Bars
of Meals: 1 2 3

Mar 17-25
Chicken Parmesan
Buttered Noodles
Pineapple Upside Down Cake
of Meals: 1 2 3

Mar 24-25
Roast Beef
Mashed Potato
Lemon Bars
of Meals: 1 2 3

Mar 31-25
Spiced Pork Chop
Home Fries
Hello Dolly Bars
of Meals: 1 2 3

Tuesday

Mar 04-25
Chicken Marsala
Mashed Potato
Frosted Banana Bar
of Meals 1 2 3

Mar 11-25
Meatloaf
Mashed Potato
Apple Crumb Tart
of Meals: 1 2 3

Mar 18-25
Roast Pork
Mashed Potato
Chocolate Mousse
of Meals: 1 2 3

Mar 25-25
Chicken Stew
Tea Biscuit
Fruit Salad
of Meals: 1 2 3

April 01-25
Sausages with Peppers
Boiled Potato
Assorted Desserts
of Meals: 1 2 3

Thursday

Mar 06-25
Ham
Scalloped Potato Baked Beans
Carrot Spice Cookies
of Meals 1 2 3

Mar 13-25
Roasted Chicken Leg/Thigh
Roasted Potato
Rice Pudding
of Meals: 1 2 3

Mar 20-25
Shepherd's Pie
Mashed Potato
Coconut Cream Tart
of Meals: 1 2 3

Mar 27-25
Swiss Steak
Roasted Potato
Chocolate Zucchini Cake
of Meals: 1 2 3

April 03-25
Lasagna
Tossed Salad-Bun
Raspberry Oats Bars
of Meals: 1 2 3