



Rural Frontenac Community Services

Meals on Wheels Menu  
613-279-3151

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

**Monday**

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

**April 07-25**  
Chicken Cacciatore  
Buttered Noodles  
Iced Marble Cake  
# of Meals: 1 2 3

**April 14-25**  
Salisbury Steak  
Mashed Potato  
Carrot Cake  
# of Meals: 1 2 3

**April 21-25**  
  
HOLIDAY  
# of Meals: 1 2 3

**April 28-25**  
Pot Roast  
Boiled Potato  
Oatmeal Raisin Cookies  
# of Meals: 1 2 3

**Tuesday**

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

**April 08-25**  
Roast Beef  
Mashed Potato  
Spice Cake  
# of Meals: 1 2 3

**April 15-25**  
Chicken Pot Pie  
Tea Biscuit  
Butter Tart Bar  
# of Meals: 1 2 3

**April 22-25**  
Sweet and Sour Meatballs  
Rice Pilaf  
Chocolate Zucchini Cake  
# of Meals: 1 2 3

**April 29-25**  
Stuffed Chicken Breast  
Home Fries  
Strawberry Rhubarb Crisp  
# of Meals: 1 2 3

**Thursday**

**April 03-25**  
Lasagna  
Tossed Salad/Bun  
Raspberry Oat Bars  
# of Meals: 1 2 3

**April 10-25**  
Breaded Pork Chop w Applesauce  
Garlic Mashed Potato  
Lemon Meringue Pie  
# of Meals: 1 2 3

**April 17-25**  
Roast Turkey  
Mashed Potato/Stuffing  
Apple Crisp  
# of Meals: 1 2 3

**April 24-25**  
Pork Schnitzel  
Buttered Potato  
Jello Parfait  
# of Meals: 1 2 3

**May 01-25**  
Pork Roast  
Mashed Potato  
Lemon Bars  
# of Meals: 1 2 3



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

**Monday**

**May 05-25**  
Chicken Divan  
Rice Pilaf  
Assorted Desserts  
# of Meals: 1 2 3

**May 12-25**  
Swiss Steak  
Mashed Potato  
Iced Cupcake  
# of Meals: 1 2 3

**May 19-25**  
  
HOLIDAY  
# of Meals: 1 2 3

**May 26-25**  
Oven Baked Fish  
Oven Roasted Potato  
Lemon Seed Poppy Loaf  
# of Meals: 1 2 3

**Tuesday**

**May 06-25**  
Shepherd's Pie  
Mashed Potato  
Coffee Cake  
# of Meals: 1 2 3

**May 13-25**  
Spiced Pork Chop  
Roasted Potato  
Lemon Meringue Tart  
# of Meals: 1 2 3

**May 20-25**  
Chicken Parmesan  
Buttered Noodles  
Hello Dolly Squares  
# of Meals: 1 2 3

**May 27-25**  
Spaghetti w Meat Sauce  
Tossed Salad/Bun  
Chocolate Mousse  
# of Meals: 1 2 3

**Thursday**

**May 08-25**  
Ham  
Scalloped Potato/Baked Beans  
Pineapple Upside Down Cake  
# of Meals: 1 2 3

**May 15-25**  
Chicken Marsala  
Garlic Mashed Potato  
Chocolate Brownie  
# of Meals: 1 2 3

**May 22-25**  
Cabbage Rolls  
Mashed Potato  
Rice Pudding  
# of Meals: 1 2 3

**May 29-25**  
Honey Garlic Pork Chop  
Buttered Potato  
Cheesecake w Fruit Topping  
# of Meals: 1 2 3

