



## Rural Frontenac Community Services

### **Meals on Wheels Menu**

**613-279-3151**

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

#### ***Monday***

#### ***Tuesday***

#### ***Thursday***

<p style="text-align: center;"><b>June 02-25</b></p> <p style="text-align: center;">Chicken Thigh and Leg Roasted Potato Butterscotch Swirl Cake</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 03-25</b></p> <p style="text-align: center;">Pork Marsala Mashed Potato Frosted Banana Bar</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 05-25</b></p> <p style="text-align: center;">Roast Beef Mashed Potato Coconut Cream Tart</p> <p style="text-align: center;"># of Meals: 1    2    3</p>
<p style="text-align: center;"><b>June 09-25</b></p> <p style="text-align: center;">Sausages Home Fries Carrot Cake</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 10-25</b></p> <p style="text-align: center;">Meatloaf Mashed Potato Apple Crumb Tart</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 12-25</b></p> <p style="text-align: center;">Sweet and Sour Chicken Rice Pilaf Date Filled Cookies</p> <p style="text-align: center;"># of Meals: 1    2    3</p>
<p style="text-align: center;"><b>June 16-25</b></p> <p style="text-align: center;">Salisbury Steak/Mushroom Gravy Mashed Potato Iced Maple Cake</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 17-25</b></p> <p style="text-align: center;">Chicken Pot Pie Tea Biscuit Nanaimo Bars</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 19-25</b></p> <p style="text-align: center;">Cold Plate 2 Side Salads Lemon Pound Cake</p> <p style="text-align: center;"># of Meals: 1    2    3</p>
<p style="text-align: center;"><b>June 23-25</b></p> <p style="text-align: center;">Chicken Cacciatore Buttered Noodles Date Square</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 24-25</b></p> <p style="text-align: center;">Roast Pork Mashed Potato Strawberry Shortcake</p> <p style="text-align: center;"># of Meals: 1    2    3</p>	<p style="text-align: center;"><b>June 26-25</b></p> <p style="text-align: center;">Lasagna Tossed Salad/Bun Fruit Salad</p> <p style="text-align: center;"># of Meals: 1    2    3</p>
<p style="text-align: center;"><b>June 30-25</b></p> <p style="text-align: center;">Shepherd's Pie Mashed Potato Chocolate Bundt Cake</p> <p style="text-align: center;"># of Meals: 1    2    3</p>		



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#### **Monday**

#### **Tuesday**

#### **Thursday**

	<b>July 01-25</b>  <b>CLOSED</b>  # of Meals   1   2   3	<b>July 03-25</b> Stuffed Chicken Rice Pilaf Assorted Desserts  # of Meals   1   2   3
<b>July 07-25</b> Oven Baked Fish Home Fries Carrot Spice Cookies # of Meals:   1   2   3	<b>July 08-25</b> Cabbage Rolls Mashed Potato Hello Dolly Squares # of Meals:   1   2   3	<b>July 10-25</b> Spiced Pork Chop Oven Roasted Potato Peach Upside Down Cake # of Meals:   1   2   3
<b>July 14-25</b> Chicken Marsala Mashed Potato Chocolate Brownies # of Meals:   1   2   3	<b>July 15-25</b> Pork Schnitzel Garlic Mashed Potato Pumpkin Tart # of Meals:   1   2   3	<b>July 17-25</b> Spaghetti w Meat Sauce Bun/Salad Butter Tart Bar # of Meals:   1   2   3
<b>July 21-25</b> Roast Pork Mashed Potato Lemon Squares # of Meals:   1   2   3	<b>July 22-25</b> Chicken Parmesan Buttered Noodles Crumb Cake # of Meals:   1   2   3	<b>July 24-25</b> Ham Scalloped Potato/Baked Beans Chocolate Mousse # of Meals:   1   2   3
<b>July 28-25</b> Swiss Steak Mashed Potato Iced Pineapple Cake # of Meals:   1   2   3	<b>July 29-25</b> Sweet and Sour Meatballs Rice Pilaf Apple Crisp # of Meals:   1   2   3	<b>July 31-25</b> Chicken Penne Casserole Caesar Salad Lemon Meringue Tart # of Meals:   1   2   3