



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

Name: _____

Monday

Tuesday

Thursday

Aug 04-25 HOLIDAY CLOSED	Aug 05-25 Breaded Pork Chop w Apple Sauce Roasted Potato Assorted Desserts # of Meals: 1 2 3	Aug 07-25 Roast Beef Mashed Potato Chocolate Mousse # of Meals: 1 2 3
Aug 11-25 Pork Marsala Mashed Potato Nanaimo Bar # of Meals: 1 2 3	Aug 12-25 Meatloaf Home Fries Apple Crumb Tart # of Meals: 1 2 3	Aug 14-25 Cold Plate 2 Side Salads Lemon Pound Cake # of Meals: 1 2 3
Aug 18-25 Salisbury Steak Mashed Potato Pineapple Upsidedown Cake # of Meals: 1 2 3	Aug 19-25 Maple Glazed Chicken Buttered Potato Rice Pudding # of Meals: 1 2 3	Aug 21-25 Lasagna Tossed Salad/Bun Assorted Cookies # of Meals: 1 2 3
Aug 25-25 Chicken Divan Buttered Noodles Date Square # of Meals: 1 2 3	Aug 26-25 Roast Pork Mashed Potato Iced Maple Cake # of Meals: 1 2 3	Aug 28-25 Sweet and Sour Meatballs Rice Pilaf Gingerbread w Whipped Cream # of Meals: 1 2 3



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Thursday

Sept 01-25 HOLIDAY CLOSED	Sept 02-25 Chicken Leg and Thigh Roasted Potato Assorted Desserts # of Meals: 1 2 3	Sept 04-25 Roast Beef Mashed Potato Apple Crisp # of Meals: 1 2 3
Sept 08-25 Shepherd's Pie Mashed Potato Carrot Cake # of Meals: 1 2 3	Sept 09-25 Pork Schnitzel Garlic Mashed Potato Hello Dolly Sqaures # of Meals: 1 2 3	Sept 11-25 Chicken Cacciatore Rice Pilaf Lemon Meringue Pie # of Meals: 1 2 3
Sept 15-25 Chicken Marsala Mashed Potato Cinnamon Coffee Cake # of Meals: 1 2 3	Sept 16-25 Swiss Steak Mashed Potato Lemon Bars # of Meals: 1 2 3	Sept 18-25 Ham Scalloped Potato, Baked Beans Jello Parfait # of Meals: 1 2 3
Sept 22-25 Roast Pork Mashed Potato Chocolate Brownie # of Meals: 1 2 3	Sept 23-25 Chicken Parmesan Buttered Noodles Coconut Cream Tart # of Meals: 1 2 3	Sept 25-25 Pot Roast Boiled Potato Carrot Spiced Cookies # of Meals: 1 2 3
Sept 29-25 Oven Baked Fish Roasted Potato Fruit Salad # of Meals: 1 2 3	Sept 30-25 Spaghetti w Meat Sauce Tossed Salad,Bun Chocolate Zucchini Cake # of Meals: 1 2 3	Oct 02-25 Spiced Pork Chop Buttered Potato Blueberry Cheesecake # of Meals: 1 2 3