



Rural Frontenac Community Services

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

Name: _____

Monday

Sept 29-25

Oven Baked Fish
Roasted Potato
Fruit Salad

of Meals: 1 2 3

Oct 06-25

Roast Beef
Mashed Potato
Date Square

of Meals: 1 2 3

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of Meals: 1 2 3

Oct 20-25

Hamburg Steak
Mashed Potato
Maple Iced Cupcake

of Meals: 1 2 3

Oct 27-25

Rst Chicken Thigh and Leg
Home Fries
Lemon Poppyseed Loaf

of Meals: 1 2 3

Tuesday

Sept 30-25

Spaghetti w Meat Sauce
Tossed Salad, Bun
Chocolate Zucchini Cake

of Meals: 1 2 3

Oct 07-25

Breaded Pork Chop w Applesauce
Hashbrowns
Chocolate Bundt Cake

of Meals: 1 2 3

Oct 14-25

Maple Glazed Chicken
Rice Pilaf
Assorted Desserts

of Meals: 1 2 3

Oct 21-25

Ham w Pineapple Sauce
Roasted Potato
Nanaimo Bars

of Meals: 1 2 3

Oct 28-25

Swedish Meatballs
Garlic Mashed Potato
Halloween Cookies

of Meals: 1 2 3

Thursday

Oct 02-25

Spiced Pork Chop
Buttered Potato
Blueberry Cheesecake

of Meals: 1 2 3

Oct 09-25

Roast Turkey w Cranberries
Mashed Potato
Apple Crisp

of Meals: 1 2 3

Oct 16-25

Lasagna
Tossed Salad-Bun
Lemon Bars

of Meals: 1 2 3

Oct 23-25

Chicken Stew
Tea Biscuit
Frosted Banana Bars

of Meals: 1 2 3

Oct 30-25

Roast Pork
Mashed Potato
Pumpkin Pie

of Meals: 1 2 3



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

Name: _____

Monday

Nov 03-25

Sausages
Home Fries
Chocolate Brownie

of Meals: 1 2 3

Nov 10-25

Shepherd's Pie
Mashed Potato
Assorted Desserts

of Meals: 1 2 3

Nov 17-25

Chicken Cacciatore
Buttered Noodles
Pineapple Upside Down Cake

of Meals: 1 2 3

Nov 24-25

Meatloaf
Mashed Potato
Iced Maple Cake

of Meals: 1 2 3

Dec 01-25

Roast Pork
Mashed Potato
Butterscotch Swirl Cake

of Meals: 1 2 3

Tuesday

Nov 04-25

Chicken Parmesan
Buttered Noodles
Oatmeal Raisin Cookies

of Meals 1 2 3

Nov 11-25

Spiced Pork Chop
Roasted Potato
Strawberry Rhubarb Crisp

of Meals: 1 2 3

Nov 18-25

Roast Beef
Mashed Potato
Lemon Meringue Tart

of Meals: 1 2 3

Nov 25-25

Chicken Divan
Buttered Potato
Raspberry Oat Bars

of Meals: 1 2 3

Dec 02-25

Beef Stew
Tea Biscuit
Chocolate Mousse

of Meals: 1 2 3

Thursday

Nov 06-25

Cabbage Roll
Mashed Potato
Rice Pudding

of Meals 1 2 3

Nov 13-25

Stuffed Chicken Breast
Scalloped Potato
Cherry Dream Bars

of Meals: 1 2 3

Nov 20-25

Pork Schnitzel
Garlic Mashed Potato
Hello Dolly Squares

of Meals: 1 2 3

Nov 27-25

Oven Baked Fish
Oven Roasted Potato
Jello

of Meals: 1 2 3

Dec 04-25

Sweet and Sour Chicken
Rice Pilaf
Berry Cobbler

of Meals: 1 2 3