



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

Name: _____

Monday

Dec 01-25

Roast Pork
Mashed Potato
Butterscotch Swirl Cake

of Meals: 1 2 3

Dec 08-25

Salisbury Steak
Mashed Potato
Date Square

of Meals: 1 2 3

Dec 15-25

Chicken Marsala
Boiled Buttered Potato
Lemon Raspberry Coffee Cake

of Meals: 1 2 3

Dec 22--25

Oven Baked Fish
Home Fries
Chocolate Bundt Cake

of Meals: 1 2 3

Dec 29-25

NO MEAL

of Meals: 1 2 3

Tuesday

Dec 02-25

Beef Stew
Tea Biscuit
Chocolate Mousse

of Meals: 1 2 3

Dec 09-25

Maple Glazed Chicken
Garlic Mashed Potato
Carrot Cake

of Meals: 1 2 3

Dec 16-25

Swiss Steak
Mashed Potato
Chocolate Chip Cookies

of Meals: 1 2 3

Dec 23-25

Roast Turkey w Stuffing
Mashed Potato
Apple Crisp

of Meals: 1 2 3

Dec 30-25

NO MEAL

of Meals: 1 2 3

Thursday

Dec 04-25

Sweet and Sour Chicken
Rice Pilaf
Berry Cobbler

of Meals: 1 2 3

Dec 11-25

Breaded Pork Chop W Applesauce
Oven Roasted Potato
Fruit Salad

of Meals: 1 2 3

Dec 18-25

Lasagna
Tossed Salad/Bun
Coconut Cream Tart

of Meals: 1 2 3

Dec 25-25

NO MEAL

of Meals: 1 2 3



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Name: _____

Monday

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Jan 05-26

Sweet and Sour Meatballs
Rice Pilaf
Assorted Desserts

of Meals: 1 2 3

Jan 12-26

Chicken Cacciatore
Buttered Noodles
Peach Upside-down Cake

of Meals: 1 2 3

Jan 19-26

Spiced Pork Chop
Roasted Potato
Nanaimo Bar

of Meals: 1 2 3

Jan 26-26

Shepherd's Pie
Mashed Potato
Lemon Bars

of Meals: 1 2 3

Tuesday

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Jan 06-26

Chicken Stew
Tea Biscuit
Chocolate Brownie

of Meals: 1 2 3

Jan 13-26

Pork Marsala
Mashed Potato
Jello

of Meals: 1 2 3

Jan 20-26

Chicken Divan
Rice Pilaf
Lemon Meringue Tart

of Meals: 1 2 3

Jan 27-26

Roast Pork w Applesauce
Mashed Potato
Iced Maple Cake

of Meals: 1 2 3

Thursday

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Jan 01-26

NO MEAL

Jan 08-26

Pork Schnitzel
Garlic Mashed Potato
Lemon Pound Cake

of Meals: 1 2 3

Jan 15-26

Roast Beef
Mashed Potato
Strawberry Rhubarb Coffee Cake

of Meals: 1 2 3

Jan 22-26

Ham
Scalloped Potato Baked Beans
Carrot Spice Cookies

of Meals: 1 2 3

Jan 29-26

Chicken Parmesan
Buttered Noodles
Hello Dolly Squares

of Meals: 1 2 3