



Rural Frontenac Community Services- Meals on Wheels Menu-

Questions or comments ?

call 613-279-3151

Name: _____

Please fill in and return asap

Monday

Tuesday

Thursday

Jan 26-26 Shepherd's Pie Mashed Potato Lemon Bars # of Meals: 1 2 3	Jan 27-26 Roast Pork Mashed Potato Iced Maple Cake # of Meals: 1 2 3	Jan 29-26 Chicken Parmesan Buttered Noodles Hello Dolly Squares # of Meals: 1 2 3
Feb 02-26 Sausages Home Fries Buttermilk Bar # of Meals: 1 2 3	Feb 03-26 Salisbury Steak Mashed Potato Apple Coffee Cake # of Meals: 1 2 3	Feb 05-26 Oven Baked Fish Roasted Potato Cheese Cake # of Meals: 1 2 3
Feb 09-26 Chicken Leg and Thigh Home Fries Chocolate Zucchini Cake # of Meals: 1 2 3	Feb 10-26 Meatloaf Mashed Potato Fruit Salad # of Meals: 1 2 3	Feb 12-26 Vegetable Beef Stew Tea Biscuit Rice Pudding # of Meals: 1 2 3
Feb 16-26 CLOSED # of Meals: 1 2 3	Feb 17-26 Maple Glazed Chicken Rice Pilaf Lemon Poppyseed Loaf # of Meals: 1 2 3	Feb 19-26 Breaded Pork Chop Buttered Potato Pumpkin Tart # of Meals: 1 2 3
Feb 23-26 Swiss Steak Mashed Potato Oatmeal Raisin Cookies # of Meals: 1 2 3	Feb 24-26 Spaghetti w Meat Sauce Tossed Salad Blueberry Bars # of Meals: 1 2 3	Feb 26-26 Stuffed Chicken Breast Roasted Potato Chocolate Mousse # of Meals: 1 2 3



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Mar 02-26 Chicken Parmesan Buttered Noodles Assorted Desserts # of Meals: 1 2 3	Mar 03-26 Roast Beef Mashed Potato Iced Banana Bars # of Meals: 1 2 3	Mar 05-26 Ham Scalloped Potato Baked Beans Berry Cobbler # of Meals: 1 2 3
Mar 09-26 Chicken Cacciatore Home Fries Marble Cake # of Meals: 1 2 3	Mar 10-26 Honey Garlic Pork Chop Roasted Potato Raspberry Bar # of Meals: 1 2 3	Mar 12-26 Swedish Meatballs Mashed Potato Nanaimo Bar # of Meals: 1 2 3
Mar 16-26 Pot Roast Boiled Potato Date Square # of Meals: 1 2 3	Mar 17-26 Chicken Pot Pie Bun Lemon Brownie # of Meals: 1 2 3	Mar 19-26 Lasagna Tossed Salad Apple Crumble Tart # of Meals: 1 2 3
Mar 23-26 Shepherd's Pie Mashed Potato Spice Cake # of Meals: 1 2 3	Mar 24-26 Pork Schnitzel Garlic Mashed Potato Vanilla Pudding # of Meals: 1 2 3	Mar 26-26 Sweet and Sour Chicken Rice Pilaf Chocolate Bundt Cake # of Meals: 1 2 3
Mar 30-26 Roast Pork Mashed Potato Black Forest Cupcake # of Meals: 1 2 3	Mar 31-26 Cabbage Rolls Buttered Potato Coconut Cream Tart # of Meals: 1 2 3	# of Meals: 1 2 3