



## Rural Frontenac Community Services- Meals on Wheels Menu-

Please fill in and return asap

Questions or comments ?

call 613-279-3151

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

### 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 Buttertart 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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### Monday

<b>Mar 02-26</b>		
Chicken Parmesan		
Buttered Noodles		
Assorted Desserts		
# of Meals: 1    2    3	# of Meals: 1    2    3	# of Meals: 1    2    3

### Tuesday

<b>Mar 03-26</b>		
Roast Beef		
Mashed Potato		
Iced Banana Bars		
# of Meals: 1    2    3	# of Meals: 1    2    3	# of Meals: 1    2    3

### Thursday

<b>Mar 05-26</b>		
Ham		
Scalloped Potato Baked Beans		
Berry Cobbler		
# of Meals: 1    2    3	# of Meals: 1    2    3	# 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