



Rural Frontenac Community Services

Meals on Wheels Menu
613-279-3151

Name: _____

Monday

Tuesday

Thursday

<p>Mar 30-26 Roast Pork Mashed Potatoes Black Forest Cupcakes # of Meals: 1 2 3</p>	<p>Mar 31-26 Cabbage Rolls Buttered Potatoes Coconut Cream Tart # of Meals: 1 2 3</p>	<p>April 02-26 Turkey Mashed Potatoes Apple Coffee Cake # of Meals: 1 2 3</p>
<p>April 06-26 CLOSED</p>	<p>April 07-26 Chicken Divine Rice Lemon Pound Cake # of Meals: 1 2 3</p>	<p>April 09-26 Meatloaf Mashed Potatoes Jello # of Meals: 1 2 3</p>
<p>April 13-26 Chicken Marsala Buttered Noodles Carrot Cake # of Meals: 1 2 3</p>	<p>April 14-26 Roast Beef Mashed Potatoes Upside Down Pineapple Cake # of Meals: 1 2 3</p>	<p>April 16-26 Spiced Pork Chop Roasted Potatoes Rice Pudding # of Meals: 1 2 3</p>
<p>April 20-26 Chicken Stew Tea Biscuit Hello Dolly Bars # of Meals: 1 2 3</p>	<p>April 21-26 Sausages Homefries Apple Crumble Tarts # of Meals: 1 2 3</p>	<p>April 23-26 Fish Mashed Potatoes Lemon Bars # of Meals: 1 2 3</p>
<p>April 27-26 Breaded Pork Chop Mashed Potatoes Buttertart Bars # of Meals: 1 2 3</p>	<p>April 28-26 Sweet and Sour Chicken Rice Berry Cobbler # of Meals: 1 2 3</p>	<p>April 30-26 Lasagna Tossed Salad Brownies # of Meals: 1 2 3</p>



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May 04-26 Salisbury Steak Mashed Potatoes Butterscotch Swirl Cake # of Meals: 1 2 3	May 05-26 BBQ Chicken Garlic Mashed Potatoes Lemon Poppyseed Loaf # of Meals 1 2 3	May 07-26 Pork Marsala Roasted Potatoes Cheese Cake # of Meals 1 2 3
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May 11-26 Maple Glazed Chicken Home Fries Cinnamon Coffee Cake # of Meals: 1 2 3	May 12-26 Beef Pot Roast Boiled Potatoes Apple Crisp # of Meals: 1 2 3	May 14-26 Ham Scalloped Potato Baked Beans Choc. Zucchini Cake # of Meals: 1 2 3
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May 18-26 CLOSED	May 19-26 Shepherds Pie Mashed Potatoes Frosted Banana Bars # of Meals: 1 2 3	May 21-26 Chicken Tetrazini Tossed Salad Berry Strudle # of Meals: 1 2 3
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May 25-26 Beef Stew Tea Biscuit Upside Down Peach Cake # of Meals: 1 2 3	May 26-26 Pork Roast Roasted Potatoes Carrot Cookies # of Meals: 1 2 3	May 28-26 Chicken Leg and Thigh Home Fries Lemon Meringue Tarts # of Meals: 1 2 3
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