



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**

<p><b>June 01-26</b> Swedish Meatballs Buttered Noodles Lemon Bars # of Meals: 1 2 3</p>	<p><b>June 02-26</b> Sausages Home Fries Assorted Desserts # of Meals: 1 2 3</p>	<p><b>June 04-26</b> Chicken Pot Pie W Puff Pastry Strawberry Rhubarb Crisp # of Meals: 1 2 3</p>
<p><b>June 08-26</b> Chicken Divine Roast Potato Iced Marble Cake # of Meals: 1 2 3</p>	<p><b>June 09-26</b> Pork Schnitzel Buttered Potato Date Square # of Meals: 1 2 3</p>	<p><b>June 11-26</b> Cabbage Rolls Mashed Potato Vanilla Pudding # of Meals: 1 2 3</p>
<p><b>June 15-26</b> Roast Beef Mashed Potato Carrot Cake # of Meals: 1 2 3</p>	<p><b>June 16-26</b> Stuffed Chicken Breast Rice Pilaf Buttertart Bars # of Meals: 1 2 3</p>	<p><b>June 18-26</b> Spiced Pork Chop Oven Roasted Potato Lemon Meringue Pie # of Meals: 1 2 3</p>
<p><b>June 22-26</b> Spaghetti w Meat Sauce Bun Nanaimo Bar # of Meals: 1 2 3</p>	<p><b>June 23-26</b> Swiss Steak Mashed Potato Fruit Salad # of Meals: 1 2 3</p>	<p><b>June 25-26</b> Cold Plate 2 Side Salads Date Filled Cookies # of Meals: 1 2 3</p>
<p><b>June 29-26</b> Chicken Parmesan Oven Roasted Potato Hello Dolly Square # of Meals: 1 2 3</p>	<p><b>June 30-26</b> Roast Pork w Applesauce Mashed Potato Iced Maple Cake # of Meals: 1 2 3</p>	



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**Monday**

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		<p><b>July 02-26</b> Oven Baked Fish Roasted Potato Assorted Desserts # of Meals: 1 2 3</p>
<p><b>July 06-26</b> Chicken Cacciatore Buttered Noodles Chocolate Bundt Cake # of Meals: 1 2 3</p>	<p><b>July 07-26</b> Shepherd's Pie Mashed Potato Pumpkin Tarts # of Meals: 1 2 3</p>	<p><b>July 09-26</b> Honey Garlic Pork Chop Home Fries Strawberry Shortcake # of Meals: 1 2 3</p>
<p><b>July 13-26</b> Beef Pot Roast Boiled Potato Iced Cupcake # of Meals: 1 2 3</p>	<p><b>July 14-26</b> Chicken Leg and Thigh Roasted Potato Coconut Cream tart # of Meals: 1 2 3</p>	<p><b>July 16-26</b> Ham Scalloped Potato/Baked Beans Jello # of Meals: 1 2 3</p>
<p><b>July 20-26</b> Seasoned Chicken Breast Home Fries Lemon Pound Cake # of Meals: 1 2 3</p>	<p><b>July 21-26</b> Roast Pork Mashed Potato Frosted Banana Bars # of Meals: 1 2 3</p>	<p><b>July 23-26</b> Sweet and Sour Meatballs Rice Pilaf Chocolate Mousse # of Meals: 1 2 3</p>
<p><b>July 27-26</b> Breaded Pork Chop Home Fries Chocolate Brownie # of Meals: 1 2 3</p>	<p><b>July 28-26</b> Salisbury Steak Mashed Potato Lemon Drop Cookies # of Meals: 1 2 3</p>	<p><b>July 30-26</b> Lasagna Tossed Salad Apple Crumble Tart # of Meals: 1 2 3</p>

