



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

Name: _____

Monday

Tuesday

Thursday

Aug 03-26 CLOSED	Aug 04-26 Chicken Divine Mashed Potato Coffee Cake # of Meals: 1 2 3	Aug 06-26 Pork Schnitzel Buttered Potato Hello Dolly Bars # of Meals: 1 2 3
Aug 10-26 Roast Beef Mashed Potato Peach Upsidedown Cake # of Meals: 1 2 3	Aug 11-26 Spiced Pork Chop Home Fries Lemon Bars # of Meals: 1 2 3	Aug 13-26 Chicken Parmesan Buttered Noodles Spice cake # of Meals: 1 2 3
Aug 17-26 Pork Marsala Garlic Mashed Potato Choc. Zucchini Cake # of Meals: 1 2 3	Aug 18-26 Cabbage Rolls Mashed Potato Apple Crisp # of Meals: 1 2 3	Aug 20-26 Cold Plate 2 Side Salads Oatmeal Chococolate Chip Cookies # of Meals: 1 2 3
Aug 24-26 Oven Baked Fish Roasted Potato Assorted Desserts # of Meals: 1 2 3	Aug 25-26 Roast Pork Mashed Potato Date Square # of Meals: 1 2 3	Aug 27-26 Sweet and Sour Chicken Rice Pilaf Lemon Meringue Tarts # of Meals: 1 2 3
Aug 31-26 Breaded Pork Chop Home Fries Lemon Seed Poppy Loaf # of Meals: 1 2 3		



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

Name: _____

Monday

Tuesday

Thursday

	Sept 01-26 Salisbury Steak w Mushroom Gravy Mashed Potato Carrot Cake # of Meals: 1 2 3	Sept 03-26 Chicken Cacciatore Buttered Noodles Chocolate Pudding # of Meals: 1 2 3
Sept 07-26 CLOSED	Sept 08-26 Shepherds Pie Mashed Potato Chocolate Brownie # of Meals: 1 2 3	Sept 10-26 Ham Scalloped Potao/Baked Beans Cheesecake # of Meals: 1 2 3
Sept 14-26 Chicken Leg and Thigh Oven Roasted Potato Nanaimo Bars # of Meals: 1 2 3	Sept 15-26 Sausages with Onions and Peppers Home Fries Ice Cupcake # of Meals: 1 2 3	Sept 17-26 Lasagna Bun/Tossed Salad Strawberry Rhubarb Crisp # of Meals: 1 2 3
Sept 21-26 Roast Pork Mashed Potato Pineapple Upside Down Cake # of Meals: 1 2 3	Sept 22-26 Sweet and Sour Meatballs Rice Pilaf Chocolate Bundt Cake # of Meals: 1 2 3	Sept 24-26 Chicken Marsala Buttered Noodles Fruit Salad # of Meals: 1 2 3
Sept 28-26 Swiss Steak Mashed Potato Frosted Banana Bars # of Meals: 1 2 3	Sept 29-26 Maple Glazed Chicken Garlic Mashed Potato Lemon Drop Cookies # of Meals: 1 2 3	Oct 01-26 Roast Beef Mashed Potato Jello # of Meals: 1 2 3