



Rural Frontenac Community Services

Meals on Wheels Menu

613-279-3151

Name: _____

Monday

Tuesday

Thursday

Oct 05-26 Honey Garlic Pork Chop Roasted Potato Assorted Desserts # of Meals: 1 2 3	Oct 06-26 Cabbage Rolls Garlic Mashed Potato Lemon Bars # of Meals: 1 2 3	Oct 08-26 Roast Turkey w Stuffing Mashed Potato Pumpkin Tart # of Meals: 1 2 3
--	--	---

HOLIDAY NO MEAL	Oct 13-26 Chicken Divine Home Fries Chocolate Zucchini Cake # of Meals: 1 2 3	Oct 15-26 Roast Pork Mashed Potato Raspberry Rhubarb Coffee Cake # of Meals: 1 2 3
----------------------------	--	---

Oct 19-26 Beef Pot Roast Boiled Potato Lemon Pound Cake # of Meals: 1 2 3	Oct 20-26 Pork Schnitzel Buttered Potato Jam Jam Cookies # of Meals: 1 2 3	Oct 22-26 Chicken Pot Pie Tea Biscuit Rice Pudding # of Meals: 1 2 3
--	---	---

Oct 26-26 Spiced Pork Chop Home Fries Maple Iced Cake # of Meals: 1 2 3	Oct 27-26 Swedish Meatballs Mashed Potato Date Squares # of Meals: 1 2 3	Oct 29-26 Spaghetti w Meat Sauce Tossed Salad Black Forest Cupcake # of Meals: 1 2 3
--	---	---

--	--	--



Rural Frontenac Community Services

Meals on Wheels Menu **613-279-3151**

Name: _____

Monday

Nov 02-26

Chicken Parmesan
Buttered Noodles
Hello Dolly Squares

of Meals: 1 2 3

Nov 09-26

Oven Baked Fish
Mashed Potato
Carrot Cake

of Meals: 1 2 3

Nov 16-26

Chicken Leg and Thigh
Boiled Potato
Oatmeal Raisin Cookies

of Meals: 1 2 3

Nov 23-26

Roast Pork
Mashed Potato
Frosted Banana Bars

of Meals: 1 2 3

Nov 30-26

Chicken Cacciatore
Buttered Noodles
Nanamio Bar

of Meals: 1 2 3

Tuesday

Nov 03-26

Sausages w Peppers and Onions
Roasted Potato
Coconut Cream Tart

of Meals 1 2 3

Nov 10-26

Stuffed Chicken Breast
Rice Pilaf
Mixed Berry Cobbler

of Meals: 1 2 3

Nov 17-26

Breaded Pork Chop w Applesauce
Home Fries
Lemon Meringue Tart

of Meals: 1 2 3

Nov 24-26

Maple Glazed Chicken
Roasted Potato
Apple Crumble Tart

of Meals: 1 2 3

Dec 01-26

Pork Marsala
Mashed Potato
Assorted Desserts

of Meals: 1 2 3

Thursday

Nov 05-26

Roast Beef
Mashed Potato
Apple Crisp

of Meals 1 2 3

Nov 12-26

Ham
Scalloped Potato/Baked Beans
Assorted Cupcakes

of Meals: 1 2 3

Nov 19-26

Chicken Stew
Tea Biscuit
Jello

of Meals: 1 2 3

Nov 26-26

Lasagna w Bun
Tossed Salad
Chocolate Brownie

of Meals: 1 2 3

Dec 03-26

Shepherds Pie
Mashed Potato
Spice Cake

of Meals: 1 2 3

