Rural Frontenac Community Services

Meals on Wheels Menu
613-279-3151

Name: _____

Monday	***Tuesday***	***Thursday***
Nov 30-26 Chicken Cacciatore Buttered Noodles Nanaimo Bar # of Meals: 1 2 3	**Dec 01-26** Pork Marsala Mashed Potato Assorted Desserts # of Meals: 1 2 3	**Dec 03-26** Shepherd's Pie Mashed Potato Spice Cake # of Meals: 1 2 3
Dec 07-26 Spiced Pork Chop Garlic Mashed Potato Lemon Bars # of Meals: 1 2 3	**Dec 08-26** Salisbury Steak Mashed Potato Pineapple Upside Down Cake # of Meals: 1 2 3	**Dec 10-26** Chicken Divine Home Fries Carrot Spice Cookies # of Meals: 1 2 3
Dec 14-26 Beef Stew Tea Biscuit Chocolate Bundt Cake # of Meals: 1 2 3	**Dec 15-26** Chicken Parmesan Buttered Noodles Coconut Cream Tart # of Meals: 1 2 3	**Dec 17-26** Roast Turkey Dinner Mashed Potato Buttertart Bar # of Meals: 1 2 3
Dec 21-26 Roast Pork Mashed Potato Date Square # of Meals: 1 2 3	**Dec 22-26** Seasoned Chicken Breast Rice Pilaf Lemon Pound Cake # of Meals: 1 2 3	**Dec 24-26** **No Meal**
Dec 28-26 **No Meal**	**Dec 29-26** **No Meal**	**Dec 31-26** **No Meal**

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Monday	***Tuesday***	***Thursday***
Jan 04-27 Sweet and Sour Meatballs Boiled Potato Chocolate Zucchini Cake # of Meals: 1 2 3	**Jan 05-27** Roast Pork Mashed Potato Assorted Desserts # of Meals: 1 2 3	**Jan 07-27** Maple Glazed Chicken Roasted Potato Jello # of Meals: 1 2 3
Jan 11-27 Oven Baked Fish Buttered Potato Lemon Poppyseed Loaf # of Meals: 1 2 3	**Jan 12-27** Pork Schnitzel Garlic Mashed Potato Rice Pudding # of Meals: 1 2 3	**Jan 14-27** Cabbage Roll Potato Wedges Chocolate Mousse # of Meals: 1 2 3
Jan 18-27 Chicken Stew Tea Biscuit Carrot Cake # of Meals: 1 2 3	**Jan 19-27** Spaghetti w Meat Sauce Tossed Salad Assorted Cookies # of Meals: 1 2 3	**Jan 21-27** Ham Scalloped Potato/Baked Beans Pecan Coffee Cake # of Meals: 1 2 3
Jan 25-27 Roast Beef Mashed Potato Iced Marble Cake # of Meals: 1 2 3	**Jan 26-27** Breaded Pork Chop Home Fries Peach Upside Down Cake # of Meals: 1 2 3	**Jan 28-27** Stuffed Chicken Breast Rice Pilaf Cheese Cake w Fruit Topping # of Meals: 1 2 3