



Rural Frontenac Community Services- Meals on Wheels Menu- Jan 30 - Mar 31, 2023

Questions or comments ?

call 613-279-3151

Name: _____

Please fill in and return asap.

Monday

<p>Jan 30-23 Chicken Divan Mashed Potato Frosted Banana Bar # of Meals: 1 2 3</p>
<p>Feb 06-23 Honey Garlic Pork Chop Mashed Potato Lemon Pound Cake # of Meals: 1 2 3</p>
<p>Feb 13-23 Meatloaf Mashed Potato Chocolate Brownie # of Meals: 1 2 3</p>
<p>HOLIDAY - Wed Feb 22-23 Roast Beef Mashed Potato Date Square # of Meals: 1 2 3</p>
<p>Feb 27-23 Sweet and Sour Meatballs Rice Pilaf Nanaimo Bar # of Meals: 1 2 3</p>

Tuesday

<p>Jan 31-23 Roast Pork Mashed Potato Pecan Coffee Cake # of Meals: 1 2 3</p>
<p>Feb 07-23 Pot Roast Boiled Potato Butterscotch Pie # of Meals: 1 2 3</p>
<p>Feb 14-23 Chicken Parmesan Buttered Noodles Valentine Cupcake # of Meals: 1 2 3</p>
<p>Feb 21-23 Spaghetti Bolognese Garlic Bun Assorted Desserts # of Meals: 1 2 3</p>
<p>Feb 28-23 Pork Schnitzel Lemon Parsley Potato Apple Crisp # of Meals: 1 2 3</p>

Thursday

<p>Feb 02-23 Swiss Steak Mashed Potato Strawberry Rhubarb Crisp # of Meals: 1 2 3</p>
<p>Feb 09-23 Chicken Cacciatore Rice Pilaf Fruit Salad # of Meals: 1 2 3</p>
<p>Feb 16-23 Salisbury Steak Mashed Potato Berry Cobbler # of Meals: 1 2 3</p>
<p>Feb 23-23 BBQ Pork Cutlet Mashed Potato Iced Maple Cake # of Meals: 1 2 3</p>
<p>Mar 02-23 Chicken Alfredo Penne Noodles-Bun Lemon Lush Dessert # of Meals: 1 2 3</p>



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Monday

Mar 06-23

Roast Pork
Mashed Potato
Carrot Cake

of Meals: 1 2 3

Mar 13-23

Seasoned Chicken Breast
Oven Roasted Potato
Raspberry Crumble Bar

of Meals: 1 2 3

Mar 20-23

Roast Beef
Mashed Potato
Peach Upside Down Cake

of Meals: 1 2 3

Mar 27-23

Spiced Pork Chop
Oven Roasted Potato
Hello Dolly Square

of Meals: 1 2 3

Tuesday

Mar 07-23

Chicken Stew
Tea Biscuit
Chocolate Bundt Cake

of Meals: 1 2 3

Mar 14-23

Shepherds Pie
Mashed Potato
Date Filled Cookies

of Meals: 1 2 3

Mar 21-23

Pork Marsala
Mashed Potato
Lemon Bars

of Meals: 1 2 3

Mar 28-23

Oven Baked Fish
Garlic Mashed Potato
Strawberry Rhubarb Crisp

of Meals: 1 2 3

Thursday

Mar 09-23

Lasagna
Tossed Salad
Rice Pudding

of Meals: 1 2 3

Mar 16-23

Ham
Scalloped Potato Baked Beans
Chocolate Mousse

of Meals: 1 2 3

Mar 23-23

Sweet and Sour Chicken
Rice Pilaf
Jello Parfait

of Meals: 1 2 3

Mar 30-23

Swiss Steak
Mashed Potato
Butter Tart

of Meals: 1 2 3