



Rural Frontenac Community Services- Meals on Wheels Menu-

Questions or comments ?

call 613-279-3151

Please fill in and return asap.

Name: _____

Monday

May 29-23

Chicken Marsala
Mashed Potato
Hello Dolly Squares

of Meals: 1 2 3

June 05-23

Salisbury Steak
Mashed Potato
Assorted Cookies

of Meals: 1 2 3

June 12-23

Breaded Pork Chop
Roasted Potato
Fruit Salad

of Meals: 1 2 3

June 19-23

Chicken Penne Casserole
Garlic Bun-Salad
Frosted Banana Bar

of Meals: 1 2 3

June 26-23

Roast Beef
Mashed Potato
Buttertart Bar

of Meals: 1 2 3

Tuesday

May 30-23

Cabbage Rolls
Mashed Potato
Lemon Pound Cake

of Meals: 1 2 3

June 06-23

Chicken Parmesan
Buttered Noodles
Date Square

of Meals: 1 2 3

June 13-23

Lasagna
Tossed Salad/Bun
Strawberry Shortcake

of Meals: 1 2 3

June 20-23

Roast Pork w Stuffing
Mashed Potato
Pumpkin Pie

of Meals: 1 2 3

June 27-23

Maple Glazed Chicken
Hashbrowns
Lemon Poppyseed Loaf

of Meals: 1 2 3

Thursday

June 01-23

Pork Schnitzel
Lemon Roasted Potato
Chocolate Mousse

of Meals: 1 2 3

June 08-23

Pot Roast
Boiled Potato
Rice Pudding

of Meals: 1 2 3

June 15-23

BBQ Chicken Breast
Mashed Potato
Lemon Meringue Pie

of Meals: 1 2 3

June 22-23

Meatloaf
Mashed Potato
Apple Crisp

of Meals: 1 2 3

June 29-23

Sausage and Pepper Casserole
Oven Roasted Potato
Fruit Flan

of Meals: 1 2 3



Rural Frontenac Community Services- Meals on Wheels Menu- June 2023 July 2023

Questions or comments ?

call 613-279-3151

Name: _____

Please fill in and return asap.

Monday

<p>Wednesday July 03-23 Sweet and Sour Meatballs Rice Pilaf Chocolate Brownie # of Meals: 1 2 3</p>
<p>July 10-23 Pork Marsala Mashed Potato Chocolate Zucchini Cake # of Meals: 1 2 3</p>
<p>July 17-23 Chicken Cacciatore Rice Pilaf Frosted Banana Bar # of Meals: 1 2 3</p>
<p>July 24-23 Swiss Steak Mashed Potato Assorted Cupcake # of Meals: 1 2 3</p>
<p>July 31-23 Roast Pork Mashed Potato Lemon Bars # of Meals: 1 2 3</p>

Tuesday

<p>July 04-23 Oven Baked Fish Home Fries Assorted Desserts # of Meals: 1 2 3</p>
<p>July 11-23 Beef Goulash Boiled Potato Raspberry Oat Bars # of Meals: 1 2 3</p>
<p>July 18-23 Honey Garlic Pork Chop Mashed Potato Strawberry Fruit Cobbler # of Meals: 1 2 3</p>
<p>July 25-23 Chicken Divan Oven Roasted Potato Apple Crumble Tart # of Meals: 1 2 3</p>
<p>Aug 01-23 Chicken Pot Pie Tea Biscuit Nanamio Bar # of Meals: 1 2 3</p>

Thursday

<p>July 06-23 Cold Plate (Ham-Chicken Salad) 2 Side Salads Peach Upside Down Cake # of Meals: 1 2 3</p>
<p>July 13-23 Cabbage Rolls Mashed Potato Lemon Lush Dessert # of Meals: 1 2 3</p>
<p>July 20-23 Roast Beef Mashed Potato Pecan Coffee Cake # of Meals: 1 2 3</p>
<p>July 27-23 Spaghetti Bolognese Tossed Salad Chocolate Bundt Cake # of Meals: 1 2 3</p>
<p>Aug 03-23 Ham Scalloped Potato-Baked Beans Fruit Cheesecake # of Meals: 1 2 3</p>

