



Rural Frontenac Community Services- Meals on Wheels Menu-

Questions or comments ?

call 613-279-3151

Please fill in and return asap.

Name: _____

Monday

<p>Nov 27-23 Spiced Pork Chop Home Fries Lemon Bars # of Meals: 1 2 3</p>
<p>Dec 04-23 BBQ Chicken Breast Mashed Potato Assorted Desserts # of Meals: 1 2 3</p>
<p>Dec 11-23 Shepherd's Pie Mashed Potato Date Square # of Meals: 1 2 3</p>
<p>Dec 18-23 Breaded Pork Chop Roasted Potato Assorted Christmas Cookies # of Meals: 1 2 3</p>
<p>Dec 25-23 CLOSED # of Meals: 1 2 3</p>

Tuesday

<p>Nov 28-23 Chicken Divan Mashed Potato Cherry Cheesecake # of Meals: 1 2 3</p>
<p>Dec 05-23 Beef Stew Tea Biscuit Lemon Poppy Seed Cake # of Meals: 1 2 3</p>
<p>Dec 12-23 Roast Pork Mashed Potato Fruit Salad # of Meals: 1 2 3</p>
<p>Dec 19-23 Chicken Parmesan Buttered Noodles Chocolate Brownie # of Meals: 1 2 3</p>
<p>Dec 26-23 CLOSED # of Meals: 1 2 3</p>

Thursday

<p>Nov 30-23 Spaghetti W Meat Sauce Tossed Salad & Bun Pecan Coffee Cake # of Meals: 1 2 3</p>
<p>Dec 07-23 Pork Schnitzel Buttered Potato Iced Cupcake # of Meals: 1 2 3</p>
<p>Dec 14-23 Roasted Chicken Thigh Homefries Coconut Cream Tart # of Meals: 1 2 3</p>
<p>Dec 21-23 Roast Turkey Dinner w Stuffing Mashed Potato Jello Parfait # of Meals: 1 2 3</p>
<p>Dec 28-23 Closed # of Meals: 1 2 3</p>



Rural Frontenac Community Services- Meals on Wheels Menu

Questions or comments ?

call 613-279-3151

Please fill in and return asap.

Name: _____

Monday

Jan 01-24

CLOSED

of Meals: 1 2 3

Jan 08-24

Honey Garlic Pork Chop

Homefries

Assorted Desserts

of Meals: 1 2 3

Jan 15-24

Chicken Cacciatore

Rice Pilaf

Iced Maple Cake

of Meals: 1 2 3

Jan 22-24

Swiss Steak

Mashed Potato

Naniamo Bars

of Meals: 1 2 3

Jan 29-24

Oven Baked Fish

Roasted Potato

Pineapple Upside Down Cake

of Meals: 1 2 3

Tuesday

Jan 02-24

Roast Beef

Mashed Potato

Carrot Cake

of Meals: 1 2 3

Jan 09-24

Chicken Marsala

Mashed Potato

Lemon Pound Cake

of Meals: 1 2 3

Jan 16-24

Salisbury Steak

Mashed Potato

Apple Crisp

of Meals: 1 2 3

Jan 23-24

Roast Pork

Mashed Potato

Marble Cake

of Meals: 1 2 3

Jan 30-31

BBQ Pork Cutlet

Hashbrowns

Lemon Lasagna Dessert

of Meals: 1 2 3

Thursday

Jan 04-24

Chicken Stew

Tea Biscuit

Chocolate Mousse

of Meals: 1 2 3

Jan 11-24

Meatloaf

Mashed Potato

Raspberry Shortbread Bars

of Meals: 1 2 3

Jan 18-24

Lasagna

Tossed Salad-Bun

Zucchini Banana Cake

of Meals: 1 2 3

Jan 25-24

Ham

Scalloped Potato-Baked Beans

Rice Pudding

of Meals: 1 2 3

Feb 01-24

Cabbage Rolls

Mashed Potato

Hello Dolly Square

of Meals: 1 2 3