



Rural Frontenac Community Services- Meals on Wheels Menu-

Questions or comments ?

call 613-279-3151

Please fill in and return asap.

Name: \_\_\_\_\_

**Monday**

**Jan 29-24**  
Oven Baked Fish  
Roasted Potato  
Pineapple Upside Down Cake  
# of Meals: 1 2 3

**Feb 05-24**  
Chicken Parmesan  
Buttered Noodles  
Date Square  
# of Meals: 1 2 3

**Feb 12-24**  
Beef Stew  
Tea Biscuit  
Chocolate Brownie  
# of Meals: 1 2 3

**Wednesday Feb 21-24**  
Spiced Pork Chop  
Homefries  
Carrot Cake  
# of Meals: 1 2 3

**Feb 26-24**  
Pot Roast  
Boiled Potato-Vegetables  
Lemon Bars  
# of Meals: 1 2 3

**Tuesday**

**Jan 30-24**  
BBQ Pork Cutlet  
Hashbrowns  
Lemon Lasagna Dessert  
# of Meals: 1 2 3

**Feb 06-24**  
Roast Beef  
Mashed Potato  
Coconut Cream Tart  
# of Meals: 1 2 3

**Feb 13-24**  
Sweet and Sour Chicken  
Rice Pilaf  
Fruit Salad  
# of Meals: 1 2 3

**Feb 20-24**  
Shepherd's Pie  
Mashed Potato  
Strawberry Rhubarb Crisp  
# of Meals: 1 2 3

**Feb 27-24**  
Roast Pork  
Mashed Potato  
Iced Cupcake  
# of Meals: 1 2 3

**Thursday**

**Feb 01-24**  
Cabbage Rolls  
Mashed Potato  
Hello Dolly Square  
# of Meals: 1 2 3

**Feb 08-24**  
Pork Schnitzel  
Buttered Potato  
Lemon Poppyseed Loaf  
# of Meals: 1 2 3

**Feb 15-24**  
Spaghetti w Meat Sauce  
Tossed Salad-Bun  
Cheesecake w Fruit Topping  
# of Meals: 1 2 3

**Feb 22-24**  
Roasted Chicken Leg  
Oven Roasted Potato  
Frosted Banana Bar  
# of Meals: 1 2 3

**Feb 29-24**  
Ham  
Scalloped Potato-Baked Beans  
Apple Crumble Tart  
# of Meals: 1 2 3



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**Monday**

<p><b>Mar 04-24</b> Chicken Stew Tea Biscuits Chocolate Bundt Cake # of Meals: 1 2 3</p>
<p><b>Mar 11-24</b> Sausage Casserole Roasted Potato Buttertart Bar # of Meals: 1 2 3</p>
<p><b>Mar 18-24</b> Roast Beef Mashed Potato Pecan Coffee Cake # of Meals: 1 2 3</p>
<p><b>Mar 25-24</b> Chicken Cacciatore Buttered Noodles Marble Cake # of Meals: 1 2 3</p>
<p><b>Holiday</b> No Meal # of Meals: 1 2 3</p>

**Tuesday**

<p><b>Mar 05-24</b> Breaded Pork Chop Hashbrowns Lemon Meringue Tart # of Meals: 1 2 3</p>
<p><b>Mar 12-24</b> Salisbury Steak Mashed Potato Carrot Spice Cookies # of Meals: 1 2 3</p>
<p><b>Mar 19-24</b> Lasagna Tossed Salad-Bun Chocolate Zucchini Cake # of Meals: 1 2 3</p>
<p><b>Mar 26-24</b> Ham W Pineapple Sauce Oven Roasted Potato Apple Crisp # of Meals: 1 2 3</p>
<p><b>April 02-24</b> Roast Pork Mashed Potato Black Forest Cupcakes # of Meals: 1 2 3</p>

**Thursday**

<p><b>Mar 07-24</b> Cabbage Rolls Mash Potato Mixed Berry Cobbler # of Meals: 1 2 3</p>
<p><b>Mar 14-24</b> Stuffed Chicken Breast Rice Pilaf Chocolate Mousse # of Meals: 1 2 3</p>
<p><b>Mar 21-24</b> Honey Garlic Pork Chop Homefries Hello Dolly Sqaure # of Meals: 1 2 3</p>
<p><b>Mar 28-24</b> Meatloaf Mashed Potato Rice Pudding # of Meals: 1 2 3</p>
<p><b>April 04-24</b> Chicken Parmesan Roasted Potato Jello Parfait # of Meals: 1 2 3</p>