



Rural Frontenac Community Services

Meals on Wheels Menu

Name: _____

613-279-3151

Monday

Sept 30-24

Spiced Pork Chop
Homefries
Oatmeal Choc Chip Cookies

of Meals: 1 2 3

Oct 07-24

Chicken Divan
Mashed Potato
Chocolate Brownie

of Meals: 1 2 3

Oct 14-24

**Closed
No Meal**

Oct 21-24

Pork Chop W Applesauce
Garlic Mashed Potato
Assorted Desserts

of Meals: 1 2 3

Oct 28-24

Oven Baked Fish
Roasted Potato
Hello Dolly Squares

of Meals: 1 2 3

Tuesday

Oct 01-24

Swiss Steak
Mashed Potato
Frosted Banana Bread

of Meals: 1 2 3

Oct 08-24

Pork Sausages
Homefries
Raspberry Oat Bars

of Meals: 1 2 3

Oct 15-24

Chicken Thigh and Leg
Roasted Potato
Lemon Seed Poppy Loaf

of Meals: 1 2 3

Oct 22-24

Roast Beef
Mashed Potato
Lemon Bars

of Meals: 1 2 3

Oct 29-24

Roast Pork
Mashed Potato
Chocolate Mousse

of Meals: 1 2 3

Thursday

Oct 03-24

Peameal Bacon
Roasted Potato
Cheesecake w Fruit Topping

of Meals: 1 2 3

Oct 10-24

Roast Turkey Dinner
Mashed Potato
Pumpkin Pie

of Meals: 1 2 3

Oct 17-24

Cabbage Roll
Mashed Potato
Rice Pudding

of Meals: 1 2 3

Oct 24-24

Chicken Pot Pie
Tea Biscuit
Strawberry Rhubarb Crisp

of Meals: 1 2 3

Oct 31-24

Lasagna
Tossed Salad - Bun
Iced Maple Cake

of Meals: 1 2 3



Rural Frontenac Community Services

Meals on Wheels Menu

Name: _____

613-279-3151

Monday

Tuesday

Thursday

Nov 04-24

Chicken Parmesan
Buttered Noodles
Pineapple Upside Down Cake

of Meals: 1 2 3

Nov 05-24

Swiss Steak
Mashed Potato
Nanaimo Bar

of Meals: 1 2 3

Nov 07-24

Pork Schnitzel
Homefries
Jello Parfait

of Meals: 1 2 3

Nov 11-24

Sweet and Sour Meatballs
Rice Pilaf
Date Square

of Meals: 1 2 3

Nov 12-24

BBQ Pork Cutlet
Buttered Potato
Coffee Cake

of Meals: 1 2 3

Nov 14-24

Spaghetti w Meat Sauce
Tossed Salad -Bun
Apple Crumble Tart

of Meals: 1 2 3

Nov 18-24

Spiced Pork Chop
Mashed Potato
Iced Cupcake

of Meals: 1 2 3

Nov 19-24

Chicken Stew
Tea Biscuit
Carrot Spice Cookies

of Meals: 1 2 3

Nov 21-24

Shepherd's Pie
Mashed Potato
Lemon Lasagna Dessert

of Meals: 1 2 3

Nov 25-24

Roast Beef
Mashed Potato
Buttertart Bar

of Meals; 1 2 3

Nov 26-24

Meatloaf
Roasted Potato
Apple Crisp

of Meals: 1 2 3

Nov 28-24

Stuffed Chicken Breast
Rice Pilaf
Fruit Salad

of Meals: 1 2 3

Empty box for additional notes or contact information.

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