



Rural Frontenac Community Services

Meals on Wheels Menu
613-279-3151

Name: _____

Monday

Nov 25-24
Roast Beef
Mashed Potato
Butter Tart Bar
of Meals: 1 2 3

Dec 02-24
Roast Pork
Mashed Potato
Assorted Desserts
of Meals: 1 2 3

Dec 09-24
Chicken Cacciatore
Buttered Noodles
Chocolate Brownie
of Meals: 1 2 3

Dec 16-24
Beef Stew
Tea Biscuit
Frosted Banana Bar
of Meals: 1 2 3

Dec 23-24
Pork Cutlet w Mushroom Gravy
Mashed Potato
Chocolate Zucchini Cake
of Meals: 1 2 3

Tuesday

Nov 26-24
Meatloaf
Roasted Potato
Apple Crisp
of Meals: 1 2 3

Dec 03-24
Chicken Divan
Garlic Mashed Potato
Carrot Cake
of Meals: 1 2 3

Dec 10-24
Pot Roast
Mashed Potato
Lemon Poppy Seed Loaf
of Meals: 1 2 3

Dec 17-24
Honey Garlic Pork Chop
Roasted Potato
Gingerbread w Whipped Cream
of Meals: 1 2 3

Dec 24-24
No Meal

Thursday

Nov 28-24
Stuffed Chicken Breast
Rice Pilaf
Fruit Salad
of Meals: 1 2 3

Dec 05-24
Salisbury Steak
Home Fries
Rice Pudding
of Meals: 1 2 3

Dec 12-24
Ham
Scalloped Potato-Baked Beans
Raspberry Oat Bar
of Meals: 1 2 3

Dec 19-24
Roast Turkey Dinner
Mashed Potato
Lemon Meringue Tart
of Meals: 1 2 3

26-Dec
No Meal



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Name: _____

Monday

Tuesday

Thursday

30-Dec
No Meal

31-Dec
No Meal

Jan 02-25
Sweet and Sour Meatballs
Rice Pilaf
Chocolate Bundt Cake
of Meals 1 2 3

Jan 06-25
Chicken Thigh and Leg
Roasted Potato
Oatmeal Raisin Cookies
of Meals: 1 2 3

Jan 07-25
Roast Pork
Mashed Potato
Assorted Desserts
of Meals: 1 2 3

Jan 09-25
Beef and Macaroni Casserole
Tossed Salad
Lemon Bars
of Meals: 1 2 3

Jan 13-25
Shepherd's Pie
Mashed Potato
Peach Upside Down Cake
of Meals: 1 2 3

Jan 14-25
Spiced Pork Chop
Home Fries
Coconut Cream Tart
of Meals: 1 2 3

Jan 16-25
Oven Baked Fish
Roasted Potato
Cheesecake w Fruit Topping
of Meals: 1 2 3

Jan 20-25
Sausages w Peppers
Home Fires
Lemon Pound Cake
of Meals: 1 2 3

Jan 21-25
Chicken Stew
Tea Biscuits
Date Square
of Meals: 1 2 3

Jan 23-25
Cabbage Rolls
Mashed Potato
Jello Parfait
of Meals: 1 2 3

Jan 27-25
Chicken Parmesan
Buttered Noodles
Iced Maple Cake
of Meals: 1 2 3

Jan 28-25
Meatloaf
Mashed Potato
Hello Dolly Squares
of Meals: 1 2 3

Jan 30-25
Lasagna
Tossed Salad-Bun
Apple Crisp
of Meals: 1 2 3