

MEALS ON WHEELS

New menu April 2024

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	MONDAY	MONDAY	MONDAY
Chicken Noodle Soup Hot Chicken Sandwich Scalloped Potatoes Carrots Pumpkin Swirl Cake	Pea Soup Beef Stew Mashed potatoes w/ gravy Peas Carrot cake	Loaded potato soup Chicken Stew (Dumpling Topping) Rice Creamed Corn Chocolate Chip Oatmeal Cookies	Beet soup Sweet and sour pork Rice Vegetable medley Apple Oatmeal Cookies
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Cream of Mushroom Soup Sausages Penne tomato sauce veg medley Cinnamon Pin Wheels	Tomato Rice Soup Roasted Chicken Mashed potatoes w/ gravy Roasted carrot Apple crisp	Minestrone Pork Cutlet with Mushroom gravy Carrots Mashed Potatoes Seasonal Cheesecake	Tomato Soup Cottage pie Creamed corn Broccoli Lemon Snow
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Creamy sausage and rice soup Pulled Pork Macaroni and Cheese Peas Banana Cake	Broccoli Cheddar Soup Chili Cheesy herbed biscuit Yellow wax beans Raisin Date Squares	Carrot Beef Stroganoff Peas Braised Cabbage Chocolate Mayo Cake	Onion Soup Battered Haddock Roasted Potatoes Coleslaw Berry Cobbler
<p><i>Diabetic desserts, gluten free and dairy free options available as needed. If you have questions, email: mealsonwheels@trefrycentre.ca</i></p>			