

MEALS ON WHEELS

New menu July 2023

WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	MONDAY	MONDAY	MONDAY
Chicken Noodle Soup Hot Chicken Sandwich Mashed Potatoes & Gravy Carrots Pumpkin Sheet Cake	Pea Soup Glazed Meat Loaf Scalloped Potatoes Peas Carrot cake	Loaded potato soup Chicken Stew (Dumpling Topping) Herbed Rice Creamed Corn Chocolate Chip Oatmeal Cookies	Beet soup Salisbury Steak with mushroom and gravy and caramelized onion Scalloped potatoes Vegetable medley Apple Cinnamon Swirl Cake
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Cream of Mushroom Soup Roasted Sausage Mac and Cheese Roasted Broccoli Chocolate Banana Snow	Tomato Rice Soup Roasted Chicken w/seasonal pesto Roasted Potatoes Bean salad Apple crisp	Minestrone Spiral ham with with honey garlic glaze Roasted carrots Mashed Potatoes Seasonal Cheesecake	Tomato Soup Lasagna Green beans Salad Pineapple cake
FRIDAY	FRIDAY	FRIDAY	FRIDAY
Broccoli Cheddar Soup Pulled Pork Scalloped potatoes Coleslaw Bread Pudding	Chicken rice soup Chili Cheesy herbed biscuit Yellow wax beans Raisin Date Squares	Carrot and basil soup Stroganoff Peas Braised Cabbage Chocolate Mayo Cake	Onion Soup with crouton Battered Haddock Roasted Potatoes Coleslaw Lemon Snow
<i>Diabetic desserts, gluten free and dairy free options available as needed. If you have questions, email: mealsonwheels@trefrycentre.ca</i>			