

**WEEK 1**

# Meals on Wheels

<b>Weekday</b>	<b>Lunch Option 1</b>	<b>Lunch Option 2</b>	<b>Soup</b>
<b>Monday</b>	Apple Glazed Pork Ribettes, spiced potato wedges, california blend vegetables, vanilla bean dream cake.	Oriental Beef, seasoned rice, asparagus, pears	Cream of mushroom Soup
<b>Tuesday</b>	Perogy Lasagna, Green beans, creme caramel	Mediterranean Haddock, dijon roasted potatoes, whipped squash, strawberry rhubarb compote	Rustic Lentil Soup
<b>Wednesday</b>	Garlic braised chicken drumstick, mashed potatoes, steamed spinach, pudding cake.	Irish Stew, baked polenta, glazed parsnips, baked apples	Roasted Sweet Onion Soup
<b>Thursday</b>	Baked Ham, scalloped potatoes and leeks, roasted cauliflower, Lemon meringue pie	Veal Scallopini, Scalloped sweet potato and leeks, PEI blend vegetables, mixed berries	Garden Vegetable Soup
<b>Friday</b>	Poached Cod Fillet, Herbed roasted potatoes, sautéed pepers & Onions, Iced chocolate cake	Tangy Orange Pork Chop, barley pilaf, broccoli, fruit cocktail	Cream of Cauliflower Soup



**WEEK 2**

# Meals on Wheels

<b>Weekday</b>	<b>Lunch Option 1</b>	<b>Lunch Option 2</b>	<b>Soup</b>
<b>Monday</b>	Veal Cutlet, mushroom paprika sauce, oven roasted potatoes, glazed parsnips, carrot cake	Brunswick Chicken Stew, couscous, herbed green beans, fruit cocktail	Sweet Potato Bisque
<b>Tuesday</b>	Baked Tilapia, Cajun Rice, Broccoli & cauliflower, triple berry crumble	Salsa Salisbury Steak, baked potato, seasoned spinach, banana	Carrot Ginger Soup Soup
<b>Wednesday</b>	Brown Sugar Chicken Thighs, Parisienne Potatoes, Roasted Butternut squash, Banana Cream Pie	Lamb Stew, buttered egg noodles, montego blend vegetables, pears	Beef Barley Soup
<b>Thursday</b>	Pork Chop Supreme, Mashed Potatoes, brussel sprouts, Frosted maple cinnamon cake	Turkey Asparagus Stir Fry, spriced brown rice pilaf, cauliflower, baked apples	Cream of Spinach Soup
<b>Friday</b>	Beef pot pie, boiled baby potatoes, buttered carrots, two bite tarts	Herb baked Fish, boiled baby potatoes, sauteed vegetable medley, fruit compote	French Canadian Pea Soup



**WEEK 3**

# Meals on Wheels

<b>Weekday</b>	<b>Lunch Option 1</b>	<b>Lunch Option 2</b>	<b>Soup</b>
<b>Monday</b>	Herb Roasted Turkey, Mashed potatoes, brussel sprouts, peacan streusel cake	Veal Parmigiana, Fettucine, sauteed peppers and onions, cinnamon fruite compte	Vegetable Chowder soup
<b>Tuesday</b>	Glazed Pork Chop, mashed potato/gravy, gingered carrots, chocolate cream pie	Stuffing Top Chicken pot pie, green beans with onion, tropical fruit salad	Butternut Squash soup
<b>Wednesday</b>	Swiss Steak, oven roasted potatoes, glazed parsnips, blueberry lemon cheesecake	Seafood Newburg, rice, asparagus, banana	Italian Lentil Soup
<b>Thursday</b>	Pork Normandy, Quinoa pilaf, crisp vegetable medley, caramel bread pudding	Shepherd's Pie, gravy, roasted corn with green peppers, pineapple	Cream of celery Soup
<b>Friday</b>	Beef and Vegetable Stew, dinner roll/margarine, californa blend vegetables, peach cobbler trifle	Baked Haddock/Parsley sauce, seasoned rice, green peas and pearl onions, fresh fruit cup	Potato Soup

