

MEALS ON WHEELS MENU

Meal includes Protein, Starch, Vegetable, Soup, Salad & Dessert

Cost:
\$10 per meal

APRIL 2023

Delivered Daily
10am - 12pm

MON	TUES	WED	THURS	FRI
3 Spaghetti & Meat Sauce Garlic Toast	NEW 4 Breaded Chicken Cutlet Roasted Potatoes Biscuits	NEW 5 Beef Stroganoff Bun	6 Turkey Stuffing Mashed Potatoes	7 Closed Good Friday
10 Chicken Swiss & Tater Tots	NEW 11 Salisbury Steak & Onions Baby Potatoes	NEW 12 Tuna Macaroni Casserole Bun	13 Honey Garlic Chicken with Fried Rice	14 Sausage and Perogies
17 Ham with Pineapple Sauce Scalloped Potatoes	18 Sweet & Sour Pork with Rice	19 Chicken Alfredo Fettuccine & Garlic Toast	20 BBQ Meatballs Roasted Potatoes	21 ♥ Roast Chicken Mashed Potatoes
24 Turkey Schnitzel with Baby Potatoes	25 Chicken Divan & Savory Diced Potatoes	26 Shepherds Pie Garlic Toast	NEW 27 Pork Loin & Mushroom Sauce with Baby Potatoes	28 Roast Beef & Yorkshire Pudding



♥ = Heart
Smart Recipe

To sign up or to make changes, please contact the Meals on Wheels Hotline at 403-525-8885 or email mow@veinercentre.com

