

MEALS ON WHEELS MENU

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

Cost:
\$10 per meal

MARCH 2023

Delivered Daily
10am - 12pm

MON	TUES	WED	THURS	FRI
		♥ 1 Beef Stew & Biscuits	2 Veal Cutlets & Roasted Potatoes	♥ 3 Pork Roast & Mashed Potatoes
6 Chicken Kiev with Savory Diced Potatoes	7 Pork Chops Mushroom Sauce & Roasted Potatoes	8 Italian Chicken with Macaroni & Cheese	9 Liver and Onions with Mashed Potatoes	10 Sausage and Perogies
♥ 13 BBQ Chicken with Baby Potatoes	14 Turkey Al-A-King with Garlic Toast	15 Shepherds Pie & Bun	16 Sausage & Spanish Rice	♥ 17 Roast Chicken & Mashed Potatoes
20 Turkey Schnitzel with Baby Potatoes	21 Fish & Chips	22 Chicken Divan & Savory Diced Potatoes	23 Hot Turkey Sandwich & Tater Tots	24 Roast Beef & Yorkshire Pudding
27 Ham with Pineapple Sauce Scalloped Potatoes	28 Fried Chicken with Roasted Potatoes & Biscuits	29 Honey Garlic Meatballs with Rice	30 Pork Cutlet Pepper Sauce & Baby Potatoes	♥ 31 Cabbage Rolls & Mashed Potatoes

♥ = 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

