






MEALS ON WHEELS MENU

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

Cost:
\$10 per meal

MAY 2023

Delivered Daily
10am - 12pm

MON	TUES	WED	THURS	FRI
1 Chilli & Rice with Garlic Toast	♥ 2 Liver & Onions Mashed Potatoes	NEW 3 BBQ Pork Savory Diced Potatoes	4 Breaded Chicken Cutlet Roasted Potatoes	5 Cabbage Rolls & Mashed Potatoes
8 Honey Garlic Meatballs Roasted Potatoes	 9 Teriyaki Chicken & Baby Potatoes	 10 Beef Goulash & Garlic Toast	11 Pork Cutlets Macaroni & Cheese	12 Sausage and Perogies
15 Chicken Kiev with Baby Potatoes	16 Veal Cutlets with Savory Diced Potatoes	 17 Chicken Alfredo & Garlic Toast	18 Sweet & Sour Pork with Rice	19 Roast Beef & Yorkshire Pudding
SORRY WE'RE CLOSED 22	 23 Cheese Burger & Tater Tots	24 Ham with Pineapple Sauce Scalloped Potatoes	25 Turkey Schnitzel with Savory Diced Potatoes	♥ 26 Roast Chicken Mashed Potatoes
29 Salisbury Steak & Onions Baby Potatoes	30 Pork Loin & Mushroom Sauce Mashed Potatoes	♥ 31 Baked Salmon with Dill Sauce Rice		

♥ = 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

 **unison**
At Veiner Centre