

MEALS ON WHEELS

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED FOR LABOUR DAY HOLIDAY	3 <u>TURKEY TETRAZZINI</u> Egg Noodles Broccoli Diced Pineapple	4 <u>JAMAICAN CHICKEN</u> Mashed Sweet Potato Brussel Sprouts Dinner Roll & Butter Applesauce	**cold meal** 5 <u>TUNA SALAD</u> with Sandwich Bun Coleslaw <i>Fruit</i> <i>alt: chicken salad sandwich</i>	6 <u>PORK STIR FRY</u> Brown Rice Warm Sliced Apples Fruit <i>alt: chicken stir fry</i>
9 <u>ROSEMARY CHICKEN</u> Roasted Potatoes Assorted Vegetables Dinner Roll & Butter Diced Peaches	10 <u>SALISBURY STEAK</u> Egg Noodles & Gravy Diced Carrots Fresh Fruit Mix	11 <u>TURKEY MEATLOAF</u> Mashed Potatoes Green Beans Dinner Roll & Butter Diced Pineapple	12 <u>FISH TACO BOWL</u> Spanish Rice Corn and Bean Salsa Zucchini Fruit <i>alt: chicken taco bowl</i>	13 <u>MACARONI & CHEESE</u> Vegetable Blend Mandarin Oranges Fruit
16 <u>GREEK CHICKEN</u> with Pasta Zucchini Fruit	17 <u>TUNA MELT</u> Served on Whole Wheat Bread Peas and Carrots Fresh Grapes <i>alt: chicken melt</i>	18 <u>LATIN-INSPIRED PORK</u> Red Beans and Rice Sweet Corn Fresh Apple Slices <i>alt: latin chicken</i>	19 <u>BEEF LASAGNA</u> Steamed Broccoli Side Salad with Dressing Bread Pudding	20 <u>BREAKFAST HASH</u> Turkey Sausage Diced Pears English Muffin & Butter
23 <u>PINEAPPLE CHICKEN</u> Brown Rice Steamed Broccoli <i>Fruit</i>	24 <u>BBQ PORK SANDWICH</u> with Wheat Bun Sweet Corn Warm Diced Peaches <i>alt: BBQ chicken</i>	25 <u>LEMON GARLIC TILAPIA</u> Brown Rice Pilaf Peas and Carrots Tartar Sauce Fresh Fruit Mix <i>alt: lemon garlic chicken</i>	** cold meal** 26 <u>CHICKEN CAESAR SALAD</u> Garlic Bread Fruit Cup	27 <u>CHILI MAC CASSEROLE</u> Baked Apples Green Beans Fruit
30 <u>CUBAN BEEF</u> Black Beans and Rice Diced Carrots Fruit				<u>DAILY SNACKS</u> Cheese Sticks Carrot Sticks Cheese & Crackers Cottage Cheese Graham Crackers Lorana Doones (Cookies)