



2023 Regular 6-Week Menu

Please note that the menu is subject to change.
All menu items can be enjoyed, within reason, as part of a Cardiac and Diabetic diet.

	Mondays	Tuesdays	Wednesdays	Thursdays - Option 1	Thursdays - Option 2
	<i>Pasta/Rice</i>	<i>Meat/Potato/Veg</i>	<i>Wild</i>	<i>Fish</i>	<i>COLD Plates & Pies</i>
Week 1	Spaghetti & Meatballs Salad Garlic Bread	Baked Chicken Scalloped Potato Vegetable Medley	Shepherd's Pie Vegetable Medley	Haddock Aux Gratin Potato Vegetable Medley	Chicken Cold Plate Soup
Week 2	Baked Mac n' Cheese Salad Garlic Bread	Beef Stew Tea Biscuit	Meatloaf Potato Vegetable Medley	Fishcakes Beans Vegetable Medley	TLTC Sandwich Soup
Week 3	Lasagna Salad Garlic Bread	Roasted Chicken Baked Potato Vegetable Medley	Chicken Souvlaki Lemon Potato Rice	Baked Haddock Potato Vegetable Medley	Roast beef and Swiss Soup
Week 4	Chicken & Broccoli Alfredo Salad Garlic Bread	Roast Pork Potato Vegetable Medley	Corned Beef Boiled Potato Cabbage and Veg	Crusted Haddock Potato Vegetable Medley	Blarney Scone Pie Soup
Week 5	Goulash Salad Garlic Bread	Roast Turkey Dinner Potato Vegetable Medley	Cabbage Rolls Potato Vegetable Medley	Baked Fish and Chips Vegetable Medley	Chicken Salad Sandwich Soup
Week 6	Butter Chicken Salad	Roast Beef Potato Vegetable Medley	Liver & Onions Potato Vegetable Medley	Haddock Loin in Sauce Potato Vegetable Medley	Ham Cold Plate Soup

Our meals are made in a shared kitchen that also produces peanuts, tree-nuts, egg, milk, wheat (gluten), soy, sesame, fish, and shellfish.
Please inform the Meals on Wheels coordinator of any allergies or dietary restrictions by calling 902-562-1245.