



Alternate 6-Week Menu 2024

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
	<i>Wild</i>	<i>Chicken</i>	<i>Fish</i>	<i>Wild</i>
Week 1	Asian Style Pork Chops Renal Mash Vegetable Medley Alternate Soup	Baked Chicken Roasted Potatoes Vegetable Medley	Coconut Baked Fish Renal Mash Vegetable Medley Alternate Soup	Coconut Turmeric Chicken Vegetable Medley
Week 2	Steak Strips Renal Mash Vegetable Medley Alternate Soup	Honey Lime Chicken Breasts Renal Mash Vegetable Medley	Baked Haddock Renal Mash Vegetable Medley Alternate Soup	Slow Cooked Pork Loin Renal Mash Vegetable Medley
Week 3	Ground Pork Patties Vegetable Medley Alternate Soup	Roasted Chicken Renal Mash Vegetable Medley	Haddock Fish Cakes Vegetable Medley Alternate Soup	Roast Beef Renal Mash Vegetable Medley
Week 4	Sweet & Sour Pork Loin Vegetable Medley Alternate Soup	Pineapple Chicken Roasted Potatoes Vegetable Medley	Baked Lemon Fish Vegetable Medley Alternate Soup	Coconut Dill Chicken Renal Mash Vegetable Medley
Week 5	Chicken & Rice Bake Alternate Soup	Baked Chicken Renal Mash Vegetable Medley	Ginger Lime Tamari Haddock Renal Mash Vegetable Medley Alternate Soup	Renal Friendly Sheppard's Pie
Week 6	Meatloaf Renal Mash Vegetable Medley Alternate Soup	Special Chicken Roasted Potatoes Vegetable Medley	Red Pepper Haddock Renal Mash Vegetable Medley Alternate Soup	Pulled Pork Renal Mash Vegetable Medley

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.



Regular 6-Week Menu 2024

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 <i>Pasta/Rice</i>	Tuesdays <i>Meat/Potato/Veg</i>	Wednesdays <i>Wild</i>	Thursdays - Option 1 <i>Fish</i>	Thursdays - Option 2 <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	Ham and Chicken 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

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