Meals on Wheels

Serving communities throughout the Niagara Region

2019 Winter Frozen Menus

5 Week Rotation

1-877-665-6325

www.mealsonwheelsniagara.ca

Week One

Entrée (Frozen)

Roast Beef, Gravy, Broccoli, Mashed Potato, Peas

Meatloaf, Gravy, Mashed Potato, Carrots

Penne with Sausage, Italian Mix Vegetable

Chicken Kiev, Green Beans, Oven Roast Potato

Apple BBQ Chicken, Oven Roast Potato, Turnip

Poached Pollock with Lemon, Brown Rice, Broccoli

Perogies with Onions, Mixed Vegetables

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Vegetable
Cream of Asparagus
Cream of Mushroom
Potato Leek

Desserts (Frozen)

Apple Brown Betty
Banana Cake
Butterscotch Pudding
Rocky Road Bar
Tapioca
Diet Fruit Cocktail
Diet Chocolate Mousse

Week Two

Entrée (Frozen)

Chicken a la King, Pastry, Green Beans

Baked Chicken, Mashed Potato, Carrots

Lasagna, Italian Mixed Vegetables

Farmer's Sausage, Apple & Cabbage, Roasted Sweet Potato

Roast Pork Loin, Scalloped Potatoes, Corn

Vegetarian Chili, Rice Pilaf

Cabbage Rolls, Garden Mixed Vegetables

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Vegetable
Cream of Asparagus
Cream of Mushroom
Potato Leek

Desserts (Frozen)

Chocolate Cake
Bread Pudding
Coconut Cream Pudding
Tripleberry Crumble
Lemon Tart
Diet Fruit Cup
Pound Cake/Peaches

Week Three

Entrée (Frozen)

Roast Turkey, Dressing, Gray, Mashed Potato, Squash

Vegetable Harvest Casserole, Basmati Rice

Chicken and Broccoli Pasta, Italian Mixed Vegetable

Liver & Onions, Mashed Potato, Turnip

Quiche Lorraine, Peas & Mushrooms

Salisbury Stake, Gravy, Mashed Potato, Carrots

Baked Sole, Oven Roasted Potato, PEI Vegetable

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Vegetable
Cream of Asparagus
Cream of Mushroom
Potato Leek

Desserts (Frozen)

Carrot Spice Cake
Buttertart
Raspberry Jelly Roll
Rice Pudding
Applecrisp
Diet Strawberry Mousse
Diet Peaches

Week Four

Entrée (Frozen)

Turkey Pot Pie, Squash

Cheese Tortellini in Marinara Sauce, Green Beans

Baked Ham, Scalloped Potato, Corn

BBQ Pork Ribbettes, Oven Roast Potato, Peas

Swedish Meatballs, Mashed Potato, Carrots

Beef Stew/Dumplings, PEI Vegetables

Baked Fish au Gratin, Rice Pilaf, Garden Vegetables

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Vegetable
Cream of Asparagus
Cream of Mushroom
Potato Leek

Desserts (Frozen)

Cherry Cheesecake
Chocolate Brownie
Custard
Lemon Shortcake
Vanilla Caramel Cake
Diet Lemon Mousse Cake
Diet Pears

Week Five

Entrée (Frozen)

Apple Braised Pork Chop, Boiled Potato, Turnip

Chicken Stew/Dumpling, Garden Mix Vegetable

Macaroni and Cheese, Italian Mixed Vegetables

Shepherd's Pie, Carrots

Veal Rouladen, Garlic Mashed Potato, Green Beans

Turkey Schnitzel, Oven Road Potato, PEI Vegetables

Stuffed Salmon, Boiled Potato, Broccoli

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Vegetable
Cream of Asparagus
Cream of Mushroom
Potato Leek

Desserts (Frozen)

Lemon Square
Chocolate Pudding
Strawberry Shortcake
Date Squares
Pineapple Upside down Cake
Vanilla Ice Cream
Diet Broken Glass Parfait