



Meals on Wheels

Serving communities throughout
the Niagara Region

2019 Sprig Frozen Menus



5 Week Rotation

1-877-665-6325

www.mealsonwheelsniagara.ca

Week One

Entrée (Frozen)

Citrus Honey Chicken Thigh
Mashed Potato, Broccoli

Chicken a la King, Pastry, Green Beans

Roast Beef, Gravy, Mashed
Potato, Peas

Meatloaf, Gravy, Mashed
Potato, Carrots

Veal Parmesan, Spaghetti,
Italian Mixed Vegetables

Lemon Dill Salmon,
Boiled Potatoes, Mixed Vegetables

Vegetarian Chow Mein, Brown Rice

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Minestrone Soup

Cream of Asparagus

Potato Leek

Desserts (Frozen)

Cherry Cheesecake

Chocolate Brownie

Tapioca

Diet Butterscotch Mousse

Diet Jellied Fruit

Week Two

Entrée (Frozen)

Baked Chicken,
Mashed Potato, Carrots

Broccoli Stuffed Chicken,
Mashed Potato, PEI Beans

Hamburger with Onions,
Hash Browns, California Vegetables

BBQ Pork Ribettes,
Oven Roast Potato, Corn

Garden Quiche, Mixed Vegetables

Fish au Gratin, Boiled Potato, Peas

Whole Wheat Vegetable Lasagna,
Italian Vegetable

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Minestrone Soup

Cream of Asparagus

Potato Leek

Desserts (Frozen)

Banana Cake

Butter tart

Date Squares

Lemon Shortcake

Vanilla Pudding

Diet Raspberry Mousse

Diet Fruit Cup

Week Three

Entrée (Frozen)

Pesto Chicken,
Green Beans, Rice Pilaf
Roast Turkey with Dressing,
Mashed Potato, Squash
Swedish Meatballs Mashed
Potato, Carrots
Octoberfest Sausage, Cabbage,
Mashed Potato
Roast Pork Loin, Apples,
Mashed Potato, Broccoli
Perogies, Onions, Mixed Vegetables
Spinach & Cheese Cannelloni,
Garden Vegetables

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Minestrone Soup
Vegetable
Cream of Asparagus
Potato Leek

Desserts (Frozen)

Lemon Square
Black Forest Cake
Oatmeal Cookies
Coconut Cream Pudding
Jelly Roll
Diet Lemon Mousse
Diet Egg Custard

Week Four

Entrée (Frozen)

BBQ Pork Chops, Oven Roast Potato,
Mixed Veggies
Turkey Schnitzel, Mashed
Potato, Green Beans
Italian Sausage, Scalloped Potatoes, Corn
Pineapple Chicken, Rice, Broccoli
Beef Bourguignon, Egg Noodles,
Yellow Beans
Cheese Ravioli, Marinara Sauce,
Italian Vegetables
Baked Sole, Mashed Potato, PEI Vegetable

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Minestrone Soup
Vegetable
Cream of Asparagus
Potato Leek

Desserts (Frozen)

Applecrisp
French Cream Cake
Vanilla Caramel Cake
Rice Pudding
Tripleberry Crumble
Diet Strawberry Mousse
Diet Lemon Mousse Cake

Week Five

Entrée (Frozen)

Stovetop Chicken, Butter Noodles,
California Vegetables
Sweet & Sour Pork, Rice,
Oriental Mix Vegetable
Baked Ham, Scalloped Potatoes, Corn
Liver & Onions, Mashed Potato,
Green Beans
Vegetable Omelette, Home Fries,
PEI Vegetable
Penne Pasta, Meat Sauce, Broccoli
Poached Pollock/Celery Sauce,
Boiled Potatoes, Peas

Soups (Frozen)

Beef Barley
Chicken Noodle
Chicken Rice
Minestrone Soup
Vegetable
Cream of Asparagus
Potato Leek

Desserts (Frozen)

Carrot Cake
Cherry Crisp
Strawberry Shortcake
Peanut Butter Cookies
Tiger Brownie
Sugar Free Apple Streusel Cake
Vanilla Ice Cream