



# Meals on Wheels

Serving communities throughout  
the Niagara Region

## 2020/21 Winter Frozen Menus



**5 Week Rotation**

**1-877-665-6325**

[www.mealsonwheelsniagara.ca](http://www.mealsonwheelsniagara.ca)

### **Week One**

#### **Entrée (Frozen)**

Roast Beef, Gravy, Mashed Potato, Peas  
Meatloaf, Gravy, Mashed Potato, Carrots  
Penne with Sausage, Italian Mix Vegetable

Chicken Kiev, Oven Roast Potato,  
Green Beans

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

Coffee Cake

Tapioca

Diet Fruit Cocktail

Diet Chocolate Mouse

### **Week Two**

#### **Entrée (Frozen)**

Chicken a la King, Pastry, Green Beans  
Baked Chicken, Mashed Potato, Carrots  
Lasagna, Italian Mixed Vegetables

Farmer's Sausage, Baked Beans, Broccoli  
Roast Pork Loin, Scalloped Potatoes, Corn

Hot Hamburger, Onions/Gravy, Hash  
Browns, California Mix Veg.

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, Gravy  
Mashed Potato, Squash

Vegetable Harvest Casserole,  
Basmati Rice

Honey Garlic Chicken Thigh,  
White Rice, Oriental Vegetable

Liver & Onions, Mashed Potato, Turnip

Quiche Lorraine, Peas & Mushrooms

Salisbury Steak, 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

Jelly Roll

Rice Pudding

Maple Chocolate Cake

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

Baked Cheesy Beef Macaroni, Peas

Shepherd's Pie, Carrots

Veal Rouladen, Garlic  
Mashed Potato, Green Beans

Turkey Schnitzel, Oven Roast Potato,  
PEI Vegetables

Salmon and Celery Sauce,  
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