



Meals on Wheels

**Serving communities throughout
the Niagara Region**

2021/22

Summer Frozen Menus



1-877-665-6325

www.mealsonwheelsniagara.ca

Week One

Entrée (Frozen)

Roast Beef, Gravy, Mashed Potato, Peas

Meatloaf, Gravy, Mashed Potato, Carrots

Veal Parmesan, Penne Pasta, Italian Mixed Vegetables

Chicken Kiev, Oven Roast Potato, Green Beans

Apple BBQ Chicken, Oven Roast Potato, Turnip

Cod Nuggets, Home Fries, 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)

Orange Cake

Blueberry Tart

Macaroon Bar

Chocolate Brownie

Tapioca

Diet Butterscotch Pudding

Diet Jellied Fruit

Week Two

Entrée (Frozen)

Broccoli Stuffed Chicken, Mashed Potato, PEI Beans

Baked Chicken, Mashed Potato, Carrots

Cheese Cannelloni, 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)

Banana Cake

Buttertart

Date Squares

Lemon Shortcake

Vanilla Pudding

Diet Raspberry Mousse

Diet Fruit Cup

Week Three

Entrée (Frozen)

Roast Turkey, Dressing, Gravy, Mashed Potato, Squash
Chicken Nuggets, Oven Roast Potatoes, Peas
Honey Garlic Chicken Thigh, White Rice, Oriental Vegetables
Octoberfest Sausage, Broccoli, Garlic Mashed Potato
Quiche Lorraine, Peas & Mushrooms
Salisbury Steak, Gravy, Mashed Potato, Carrots
Baked Sole, Oven Roasted Potato, PEI Vegetables

Soups (Frozen)

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

Desserts (Frozen)

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

Week Four

Entrée (Frozen)

Turkey Pot Pie, Squash

Adobo Chicken Legs, Rice Pilaf, Green Beans

Baked Ham, Scalloped Potato, Corn

BBQ Pork Ribbettes, Oven Roast Potato, Peas

Swedish Meatballs, Mashed Potato, Carrots

Beef Stew/Dumplings, PEI Vegetables

Stovetop Chicken, Buttered Noodles, Garden Vegetables

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Cream of Asparagus

Cream of Mushroom

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)

Apple Braised Pork Chop, Boiled Potato, Turnip
Chicken Stew/Dumpling, Garden Mix Vegetables
Baked Cheesy Beef Macaroni, Peas
Sweet and Sour Meatballs, Rice, Oriental Vegetable Mix
Veal Rouladen, Garlic Mashed Potato, Green Beans
Turkey Schnitzel, Oven Roast Potato, PEI Vegetables
Western Omelet, Home Fries, Broccoli

Soups (Frozen)

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

Desserts (Frozen)

Carrot Cake
Pecan Streusel Cake
Strawberry Shortcake
Peanut Butter Cookies
Tiger Brownies
Sugar Free Baked Apples
Vanilla Ice Cream

Pureed

Entrée (Frozen)

Pureed Beef, Green Beans, Potatoes

Pureed Fish Newburg, Broccoli, Potatoes

Pureed Ham, Waxed Beans, Scalloped Potatoes

Pureed Roast Pork, Carrots, Potatoes

Pureed Roast Chicken, Peas, Potatoes

Pureed Lemon Chicken, Carrots, Potatoes

Pureed Turkey a la King, Yams, Peas

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Cream of Asparagus

Cream of Mushroom

Potato Leek

Desserts (Frozen)

Vanilla Ice Cream

Custard

Tapioca

Rice Pudding

Diet Broken Glass Parfait

Chocolate Pudding

Vanilla Pudding

Locations

Fort Erie

905-871-9366

Covering Fort Erie, Ridgeway, Crystal Beach, Stevensville and Black Creek

Niagara Falls/Niagara-on-the-Lake

905-356-7548

Covering Niagara Falls/Niagara-on-the-Lake, St. Davids, Queenston and Virgil

Port Colborne

905-835-1581

Covering Port Colborne, Wainfleet and Sherkston

Thorold/St. Catharines

905-682-0333

Covering St. Catharines, Thorold, Port Robinson, Allanburg and Thorold South

Beamsville

905-563-9501 x752

Covering West Niagara

Town of Grimsby, Lincoln and West Lincoln

*Offered through Community Support Services of Niagara

Welland

905-788-3181 x771

Covering Welland and Pelham

*Offered through Community Support Services of Niagara