

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



Meals on Wheels

**Serving communities throughout
the Niagara Region**

2022

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 Schnitzel, Oven Roast Potato, Green Beans

Citrus Chicken, Mashed Potato, Broccoli

Cheese Tortellini, Green Beans

Perogies with Onions, Mixed Vegetables

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Cream of Asparagus

Minestrone

Potato Leek

Desserts (Frozen)

Orange Cake

Cherry Tart

Macaroon Bar

Chocolate Brownie

Tapioca

Diet Butterscotch Pudding

Diet Chocolate Cake

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

Week Five

Entrée (Frozen)

Apple Braised Pork Chop, Paprika Roast Potato, Turnip

Chicken a la King, puff Pastry, Green Beans

Baked Cheesy Beef Macaroni, Peas

Sweet and Sour Meatballs, Rice, Oriental Vegetable Mix

Cabbage Rolls, Garden Mixed Vegetables

Turkey Schnitzel, Oven Roast Potato, PEI Vegetables

Vegetable Omelet, Home Fries, PEI Vegetables

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Cream of Asparagus

Minestrone

Potato Leek

Desserts (Frozen)

Carrot Cake

Pecan Streusel Cake

Strawberry Shortcake

Chocolate Chip Cookies

Jelly Roll

Diet Peaches

Vanilla Ice Cream

Week Two

Entrée (Frozen)

Garden Quiche, Mixed Vegetables

Baked Chicken, Mashed Potato, Carrots

Shepherd's Pie, Carrots

Farmer's Sausage, Baked Beans, Broccoli

Roast Pork Loin, Scalloped Potatoes, Corn

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

Vegetable Chow Mein, Brown Rice

Soups (Frozen)

Beef Barley

Chicken Noodle

Chicken Rice

Vegetable

Cream of Asparagus

Minestrone

Potato Leek

Desserts (Frozen)

Banana Cake

Buttertart

Date Squares

Lemon Shortcake

Vanilla Pudding

Diet Strawberry Mousse

Sugar Free Berry Mix

Week Three

Entrée (Frozen)

Roast Turkey, Dressing, Gravy, Mashed Potato, Squash
Chicken Fingers, Oven Roast Potatoes, yellow Beans
Honey Garlic Chicken, White Rice, Oriental Vegetables
Octoberfest Sausage, Broccoli, Garlic Mashed Potato
Macaroni and Cheese, Italian Vegetables
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
Minestrone
Potato Leek

Desserts (Frozen)

Lemon Square
Chocolate Cake
Oatmeal Cookies
Coconut Cream Pudding
Strawberry Ice Cream Cup
Diet Lemon Mousse
Sugar Free Cheesecake

Week Four

Entrée (Frozen)

Turkey Pot Pie, Squash
Lemon Chicken, Hash Browns, Green Beans
Baked Ham, Scalloped Potato, Corn
BBQ Pork Ribbettes, Oven Roast Potato, Peas
Swedish Meatballs, Mashed Potato, Carrots
Cheese Cannelloni, Italian Mixed Vegetables
Poached Pollock, Mashed Potato, Peas

Soups (Frozen)

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

Desserts (Frozen)

Apple Brown Betty
French Cream Cake
Vanilla Caramel Cake
Rice Pudding
Tripleberry Crumble
Diet Chocolate Mousse
Diet Lemon Mousse Cake