

WEEK 1	Meals on Wheels - TDMH MENU FALL/WINTER 2019				MSC MULTI-SERVICE CENTRE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Lunch					
Soup	Soup	Soup	Soup	Soup	
Beef Barley Soup	Vegetable Soup	Minestrone	Cream of Potato Soup	Cream of Broccoli Soup	
Option 1	Option 1	Option 1	Option 1	Option 1	
Virginia Baked Ham Oven Roasted Potatoes Corn Brownie	Roast Turkey Turkey Gravy Whipped Potatoes California Vegetables Banana Cake	BBQ Chicken Thigh Mashed Potatoes Parsnips Raspberry Tart	Salisbury Steak Beef Gravy Roasted Potato Mixed Vegetables Coconut Cream Pie	Baked Fish Fillet Parsley Potato Garden Peas Butterscotch Ice Cream	
Option 2	Option 2	Option 2	Option 2	Option 2	
Herb Baked Tilapia Lemon Wedge Oven Roasted Potatoes Green Beans Pears	Veal with Tomato Sauce Whipped Potatoes Broccoli Florets Cantaloupe	Sweet & Sour Pork Steamed Rice Oriental Vegetables Strawberries	Irish Stew Tea Biscuit Brussels Sprouts Pineapple	Herb Roasted Chicken Parsley Potato Glazed Carrots Pears	
SUPPER					
Soup	Soup	Soup	Soup	Soup	
Cream of Potato Soup	Vegetable Soup	Tomato Basil Soup	Mushroom Barley Soup	Split Pea Soup	
Option 1	Option 1	Option 1	Option 1	Option 1	
Hamburger on a Bun Garnish - Tomato Slice Garnish - Diced Onions	Egg Salad Sandwich Marinated Carrot Salad Mandarin Oranges	Crispy Breaded Pollock Tartar Sauce French Fries	Turkey Sandwich Sliced Tomatoes Spinach Salad	Macaroni & Cheese Broccoli Florets Tropical Fruit	
Option 2	Option 2	Option 2	Option 2	Option 2	
Chicken Strips Caesar Salad Frozen Vanilla Yogurt	Meat Lasagna Italian Vegetables Chocolate Pudding	Mini Submarine Cucumber in Ranch Dressing Lime Sherbet	Beef Pot Pie Cauliflower Tangerine Mousse	Pork Riblette on a Bun Mustard Mixed Green Salad Cherry Pie	

WEEK 2	Meals on Wheels - TDMH MENU FALL/WINTER 2019				MSC MULTI-SERVICE CENTRE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Soup	Soup	Soup	Soup	Soup	
Cream of Mushroom Soup	Cream of Tomato Soup	Cream of Celery Soup	Cream of Broccoli Soup	Cream of Chicken Soup	Lunch
Option 1	Option 1	Option 1	Option 1	Option 1	
Ginger Chicken Breast Boiled Potatoes Butternut Squash Strawberry Mousse	Honey Mustard Pork Chops Garlic Whipped Potatoes Carrots Banana Cake	Swiss Steak Roasted Potato Broccoli Florets Carrot Cake	Peppercorn Pork Mashed Potatoes Braised Red Cabbage Cherry Cheesecake	Herb Baked Tilapia Dill Sauce Savoury Diced Potatoes Glazed Carrots	
Option 2	Option 2	Option 2	Option 2	Option 2	
Liver & Onions Boiled Potatoes Mixed Vegetables Honeydew	Beef Goulash Buttered Noodles Garnish - Tomato Wedge Mandarin Oranges	Baked Fish Fillet Roasted Potato Three Mixed Vegetables Pears	Butter Chicken Basmati Rice Green Beans Banana	Beef Stir Fry Lo Mein Noodles Stir Fry Oriental Vegetables Tropical Fruit	
Soup	Soup	Soup	Soup	Soup	
Beef Vegetable Soup	Lentil Soup	Vegetable Soup	Cream of Potato Soup	Louisiana Chicken Soup	Supper
Option 1	Option 1	Option 1	Option 1	Option 1	
Macaroni & Cheese Garlic Bread Green Beans Apricots	Captain Burger Tossed Salad Fruit Cocktail	Chicken Fingers Plum Sauce Sweet Potato Fries Coleslaw Vinaigrette Pineapple	Farmer Sausage Greek Salad Mango	Pizza Spring Mix Salad Mandarin Oranges	
Option 2	Option 2	Option 2	Option 2	Option 2	
Octoberfest Sausage on a Bun Potato Salad Carrot Cake	Turkey Pot Pie Turkey Gravy Garden Peas Vanilla Ice Cream	Cottage Cheese Fruit Plate Red Grapes Fruit and Fibre Muffin Sliced Melons Butterscotch Pudding	Chili Con Carne Dinner Roll Cauliflower Chocolate Ice Cream	Meat Lover's Pasta Salad Garlic Bread with Cheese Cucumbers & Tomatoes Cherry Jello	

WEEK 3**Meals on Wheels - TDMH MENU FALL/WINTER 2019****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****Lunch****Soup****Soup****Soup****Soup****Soup**

Cream of Tomato Soup

Cream of Asparagus Soup

Cream of Broccoli Soup

Cream of Chicken Soup

Cream of Celery Soup

Option 1**Option 1****Option 1****Option 1****Option 1**

Dilled Pollock

Roasted Chicken Thigh

Honey Apple Pork Loin

Shepherd's Pie

Maple Dijon Salmon

Mashed Potatoes

Chicken Gravy

Roasted Potato with Sour Cream

Beef Gravy

Italian Roasted Potatoes

Broccoli Florets

Scalloped Potatoes

Creamed Corn

California Vegetables

Mixed Vegetables

Triple Berry Crumble

Diced Turnip

Banana Cream Pie

Vanilla Pudding

Vanilla Ice Cream

Option 2**Option 2****Option 2****Option 2****Option 2**

Hawaiian Ham

Salisbury Steak

Basa Almondine

Sausage

Rosemary Turkey

Mashed Potatoes

Gravy

Roasted Potato with Sour Cream

Whipped Potatoes

Turkey Gravy

Sunrise Vegetables

Scalloped Potatoes

Carrot Coins

Butternut Squash

Italian Roasted Potatoes

Tropical Fruit

Brussels Sprouts

Pears

Apricots

Garden Peas

Mixed Berries

SUPPER**Soup****Soup****Soup****Soup****Soup**

Beef Barley Soup

Tomato Soup

Chicken Noodle Soup

Cream of Mushroom Soup

Minestrone Soup

Option 1**Option 1****Option 1****Option 1****Option 1**

Crackers

Egg Salad Sandwich

Cheese Omelette

Hot Turkey Sandwich

Pork Tourtiere

Ravioli in Rose Sauce

Garden Salad

Roasted Asparagus

Cauliflower & Broccoli

Gravy

Dinner Roll

Peaches

Baked Apple Slices

Honeydew Melon

Green Beans

Garden Peas

Cantaloupe

Option 2**Option 2****Option 2****Option 2****Option 2**

Turkey Sandwich

Sausage Patty

Tuna Sandwich

Spaghetti with Marinara Sauce

Cottage Cheese

Tossed Salad

Syrup

Creamy Coleslaw

Meatballs

Jellied Peaches

Orange Cake

French Toast

Tiramisu Mousse

Caesar Salad

Cranberry Orange Muffin

Cucumbers & Tomatoes

Raspberry Jello

Butterscotch Pudding

Chocolate Ice Cream