

Trinity Village Café & Meals on Wheels September Menu

For One Time Meals on Wheels Services please contact: 519-893-6320 ext. 309

For Scheduling On-Going Meals on Wheels Services please contact: Krista McParland, Nutrition Manager, 519-893-6320 ext. 230 or kmcparland@trinityvillage.com

		Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		Sweet & Sour Pork OR BBQ Beef with Fried Rice & Hot Veg	Chicken Burger & Salad OR Meatloaf OR Baked Fish & Dill Sauce with Mashed Potatoes & Hot Veg	Veal & Herb Sauce OR Pork & Apples with Boiled Potatoes & Hot Veg	Assorted Sub OR Fish Nuggets with Mashed Potatoes & Hot Veg OR Spaghetti & Meat Sauce with Tossed Salad	Café Closed Salisbury Steak & Gravy OR Roast Turkey with Buttered Potatoes & Hot Veg
Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
Café Closed Lamb Roast OR Glazed Baked Ham with Scalloped Potatoes & Hot Veg	Café Closed OR Roast Chicken Breast with Mashed Potatoes & Homemade Stuffing & Hot Veg OR Lasagna with Hot Veg & Breadstick	Pork Slices/ Gravy & Applesauce OR Chicken Paprikash with Buttered Noodles & Mashed Turnip	Quesadilla & Salad OR Swedish Meatballs OR Lemon Parsley Sole with Mashed Potatoes & Hot Veg	Beef Pot Pie with Boiled Potatoes & Hot Veg OR Garden Burger with Spanish Sauce & Glazed Sweet potatoes	Chicken Caesar Wrap & Salad OR Breaded Haddock OR Baked Chicken Breast with Fries & Hot Veg	Café Closed Breaded Veal OR Pork Chop Supreme with Rice & Hot Veg
Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
Café Closed Roast Beef OR Chicken Schnitzel With Roasted Potatoes & Hot Veg	Grilled Cheese & Tomato Soup Cabbage Rolls OR Krunchie Perch with Baked Potato & Seasoned Green Peas	Chicken Swiss OR Liver & Onions Mashed Potatoes & Hot Veg	Greek Mystique Salad OR BBQ Riblet with Rice & Hot Veg OR Beef Stew with Hot Veg	Macaroni & Beef Casserole & Hot Veg OR Pineapple Chicken with Oven Brownd Potatoes & Hot Veg	BLT & Fries OR Fish Fillet OR Baked Chicken Breast with Boiled Potatoes & Hot Veg	Café Closed Veal Parmesan OR Pork Chop & Mushroom Sauce with Mashed Potatoes & Hot Veg
Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
Café Closed Roast Turkey & Gravy with Lyonnaise Potato & Hot Veg OR Salmon Patty with Dill Sauce & Hot Veg	Vegetable Lasagna & Garlic Bread Spaghetti & Meatballs with Caesar Salad OR Chicken Fillet With Flax with Mashed Potatoes & Hot Veg	BBQ Chicken OR Sole with Lemon Glaze with Rice & Hot Veg	Chicken & Cheese Casserole OR Cottage Roll OR Stuffed Peppers with Mashed Potatoes & Hot Veg	Farmers Sausage with Sauerkraut OR Chicken Kiev with Scalloped Potatoes & Hot Veg	Perogies & Salad Breaded Haddock OR Corned Beef with Diced Potatoes & Hot Veg	Maple Pork Roast OR Cornflake Chicken With Mashed Potatoes & Hot Veg
Sunday 27	Monday 28	Tuesday 29	Wednesday 30			
Roast Beef & Horseradish with Oven Brownd Potatoes & Hot Veg OR Vegetable Lasagna with Hot Veg & Garlic Bread	Fish & Chips OR Liver & Onions OR Chicken Cacciatore with Mashed Potatoes & Hot Veg	Sweet & Sour Pork OR BBQ Beef with Fried Rice & Hot Veg	Chicken Breast with Homemade Macaroni & Cheese & Hot Veg OR Meatloaf OR Baked Fish & Dill Sauce with Mashed Potatoes & Hot Veg			

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