

# Trinity Village Café & Meals on Wheels April 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

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	<b>Café Closed</b> BBQ Pork Loin OR All Beef Hot Dog on a Bun with French Fries & Hot Veg Date Square or Fresh Grapes	Baked Pollock OR Mustard Chicken with Parslied New Potatoes & Hot Veg  Iced Banana Cake or Mixed Berries	<b>Perogies &amp; Salad</b> OR Liver & Onions with Mashed Potatoes & Hot Veg OR Spinach & Cheese Cannelloni with Garlic Bread and Hot Veg Silk Chocolate Truffle Bar or Pineapple Tidbits	Honey Garlic Chicken with French Fries & Hot Veg OR Vegetable Lasagna with Garlic Bread & Hot Veg  Blueberry Crisp or Fresh Watermelon	<b>Sausage &amp; Rice Casserole</b> OR Baked Salmon Fillet OR chicken Fingers w/ Lyonnaise Potatoes or Hot Veg  Maple Chocolate Mania Cake or Apricots	<b>Café Closed</b> Pork Chop & Mushroom Sauce w/ Mashed Potatoes & Hot Veg OR Spaghetti & Meat Sauce with Hot Veg  Black Cherry Ice Cream or Banana
Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
<b>Café Closed</b> Roast Turkey w/gravy OR Cod Nuggets w/ Mashed Potatoes & Hot Veg  Lemon Meringue Pie or Peach Slices	<b>Pulled Pork on a Bun &amp; Salad</b> OR Italian Baked Fish OR Apple Braised Pork Chop w/ Mashed Potatoes & Hot Veg  Black Forest Tart or Fresh Grapes	Meatloaf w/ Mashed Potatoes & Hot Veg OR Cheese Ravioli w/ Breadstick & Hot Veg  Carrot Cake or Mango	<b>BLT Sandwich &amp; Salad</b> OR Baked Chicken with Baled Potato & Hot Veg OR Meat Lasagna w/ Garlic Bread & Hot Veg Buttertart Square or Banana & Chocolate Sauce	Rubbed Pork Loin OR Baked Haddock w/ Spinach & Onions w/ Mashed Sweet Potatoes & Hot Veg  Cherry Pie or Peach Slices	<b>Chicken Wings &amp; Potato Wedge</b> OR Crispy Baked Shrimp OR Swedish Meatballs w/ Mashed Potatoes & Hot Veg  Blueberry Crisp or Cinnamon Pears	<b>Café Closed</b> Swiss Veral Cutlet OR Chicken Paprikash w/ Buttered Egg Noodles & Hot Veg  Nanaimo Bar or Crushed Pineapple
Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
<b>Café Closed</b> Baked Ham in Pineapple Juice OR Fish w/ Orange Ginger w/ Scalloped Potatoes & Hot Veg Luscious Lemon Square or Tropical Fruit	<b>Vegetable Lasagna &amp; Garlic Bread</b> OR Swiss Steak in Sour Cream Sauce OR Spiced Chicken Thigh w/ Savoury Potatoes & Hot Veg Lemon & Cream Shortcake or Fruit Cocktail	Pork Roast OR Baked Tilapia with Roasted Potatoes & Hot Veg  Banana Loaf or Watermelon	<b>Spaghetti &amp; Meat Sauce &amp; Salad</b> OR Eggplant Parmigiana with Hot Veg & Garlic Bread OR BBQ Ribs w/ French Fries & Coleslaw Brownie or Sliced Pears	Turkey Fricassee with Mashed Potatoes & Hot Veg OR Beef Stuffed Green Peppers with Mashed Potatoes  Cherry Crisp or Chilled Apricots	<b>Peri Peri Chicken w/Rice &amp; Salad</b> OR Breaded Haddock OR Farmers Sausage with French Fries & Hot Veg Vanilla Caramel Swirl Cake or Tropical Fruit	<b>Café Closed</b> Chicken Swiss OR Veal w/ Mushroom Sauce with Mashed Potatoes & Hot Veg Strawberry Shortcake or Cantaloupe Chunks.
Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
<b>Café Closed</b> Roast Beef w/ Gravy with Mahed Potatoes & Hot Veg OR Vegetable Lasagna with Garlic Bread & Hot Veg Black Forest Cake or Stewed Rhubarb	<b>Chicken Caesar Salad &amp; Garlic Bread</b> OR BBQ Pork Loin OR All Beef Hot Dog on a Bun with French Fries & Hot Veg Date Square or Fresh Grapes	Baked Pollock OR Mustard Chicken with Parslied New Potatoes & Hot Veg  Iced Banana Cake or Mixed Berries	<b>Salad Bar</b> OR Liver & Onions with Mashed Potatoes & Hot Veg OR Spinach & Cheese Cannelloni with Garlic Bread and Hot Veg Silk Chocolate Truffle Bar or Pineapple Tidbits	Honey Garlic Chicken with French Fries & Hot Veg OR Vegetable Lasagna with Garlic Bread & Hot Veg  Blueberry Crisp or Fresh Watermelon	<b>Chicken Souvlaki w/Rice &amp; Salad</b> OR Baked Salmon Fillet OR chicken Fingers w/ Lyonnaise Potatoes or Hot Veg  Maple Chocolate Mania Cake or Apricots	<b>Café Closed</b> Pork Chop & Mushroom Sauce w/ Mashed Potatoes & Hot Veg OR Spaghetti & Meat Sauce with Hot Veg  Black Cherry Ice Cream or Banana
Sunday 28	Monday 29	Tuesday 30				
<b>Café Closed</b> Roast Turkey w/gravy OR Cod Nuggets w/ Mashed Potatoes & Hot Veg  Lemon Meringue Pie or Peach Slices	<b>Chicken Fingers &amp; Fries</b> OR Italian Baked Fish OR Apple Braised Pork Chop w/ Mashed Potatoes & Hot Veg  Black Forest Tart or Fresh Grapes	Meatloaf w/ Mashed Potatoes & Hot Veg OR Cheese Ravioli w/ Breadstick & Hot Veg  Carrot Cake or Mango				