

Trinity Village Café & Meals on Wheels March 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

					Friday 1	Saturday 2
					Hamburger w/ Fries & Salad OR Crispy Baked Shrimp OR Swedish Meatballs w/ Mashed Potatoes & Hot Veg Blueberry Crisp or Cinnamon Pears	Café Closed Swiss Veral Cutlet OR Chicken Paprikash w/ Buttered Egg Noodles & Hot Veg Nanaimo Bar or Crushed Pineapple
Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Café Closed Baked Ham in Pineapple Juice OR Fish w/ Orange Ginger w/ Scalloped Potatoes & Hot Veg Luscious Lemon Square or Tropical Fruit	Fish w/ Fries & Salad 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	Vegetable Lasagna & Garlic Bread 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	Sausage w/ Fries & Hot Veg OR Breaded Haddock OR Farmers Sausage with French Fries & Hot Veg Vanilla Caramel Swirl Cake or Tropical Fruit	Café Closed Chicken Swiss OR Veal w/ Mushroom Sauce with Mashed Potatoes & Hot Veg Strawberry Shortcake or Cantaloupe Chunks.
Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Café Closed Roast Beef w/ Gravy with Mahed Potatoes & Hot Veg OR Vegetable Lasagna with Garlic Bread & Hot Veg Black Forest Cake or Stewed Rhubarb	Chicken Fingers w/ Fries & Salad 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	Bacon & Eggs w/Hashbrown & Toast 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	Corned Beef on Rye w/ Fries & Salad OR Baked Salmon Fillet OR chicken Fingers w/ Lyonnaise Potatoes or Hot Veg Maple Chocolate Mania Cake or Apricots	Café Closed Pork Chop & Mushroom Sauce w/ Mashed Potatoes & Hot Veg OR Spaghetti & Meat Sauce with Hot Veg Black Cherry Ice Cream or Banana
Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Café Closed Roast Turkey w/gravy OR Cod Nuggets w/ Mashed Potatoes & Hot Veg Lemon Meringue Pie or Peach Slices	Grilled Cheese & Soup 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	Turmeric Chicken w/ Rice & Salad 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	Beef Chili & Garlic Bread OR Crispy Baked Shrimp OR Swedish Meatballs w/ Mashed Potatoes & Hot Veg Blueberry Crisp or Cinnamon Pears	Café Closed Swiss Veral Cutlet OR Chicken Paprikash w/ Buttered Egg Noodles & Hot Veg Nanaimo Bar or Crushed Pineapple
Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
Café Closed Baked Ham in Pineapple Juice OR Fish w/ Orange Ginger w/ Scalloped Potatoes & Hot Veg Luscious Lemon Square or Tropical Fruit	Cabbage Roll w/ Mashed Potato & Hot Veg 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	Chicken Pot Pie w/ Mashed Potato & Hot Veg 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	Cafe Closed Breaded Haddock OR Farmers Sausage with French Fries & Hot Veg Vanilla Caramel Swirl Cake or Tropical Fruit	Café Closed Chicken Swiss OR Veal w/ Mushroom Sauce with Mashed Potatoes & Hot Veg Strawberry Shortcake or Cantaloupe Chunks.
Sunday 31						
Café Closed Roast Beef w/ Gravy with Mahed Potatoes & Hot Veg OR Vegetable Lasagna with Garlic Bread & Hot Veg Black Forest Cake or Stewed Rhubarb						