

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

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread Black Forest Cake OR Stewed Rhubarb	Cafe Closed Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Macaroni & Beef Casserole w/ Hot Veg Date Square OR Watermelon	Baked Pollock OR Cornflake Crusted Chicken w/ Savoury Diced Potatoes & Hot Veg Iced Banana Cake OR Mixed Berries	Chicken & Potato Casserole & Salad OR Liver & Onions w/ Whipped Potatoes & Hot Veg OR Spinach & Cheese Cannelloni w/ Garlic Bread Pecan Streusel Cake OR Pineapple Tidbits	Honey Garlic w/ Scalloped Potatoes & Hot Veg OR Chicken Breast OR Roasted Vegetable Lasagna w/ Hot Veg & Breadstick Strawberry Rhubarb Pie OR Watermelon	Turmeric Chicken w/ Rice & Salad OR Baked Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg Maple Chocolate Mania Cake OR Apricots	Cafe Closed Pork Chop & Mushroom Sauce w/ Parslied Noodles & Hot Veg OR Chili Con Carne w/ Hot Veg & Garlic Bread Lemon Meringue Pie OR Mandarin Oranges
Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Applesauce	Chicken Fingers w/ Fries & Hot Veg OR Crispy Baked Shrimp OR Open Hot Hamburger Sandwich w/ French Fries & Hot Veg Black Forest Tart OR Grapes	All Beef Hot Dog on a Bun w/ German Potato Salad & Hot Veg OR Vegetarian Chili w/ Hot Veg & Bread Stick Citrus Orange Cake OR Mango	Sausage & Rice Casserole & Salad OR Baked Chicken w/ Chalet Sauce OR Beef Stew / Mashed Potatoes & Hot Veg Carrot Cake OR Banana & Chocolate Sauce	Sweet & Sour Pork OR Creole Baked Fish w/ Rice Pilaf & Hot Veg Buttertart Square OR Peaches	Chicken Caesar Salad & Garlic Bread OR Rotini Primavera w/ Alfredo Sauce w/ Hot Veg OR Salisbury Steak & Gravy w/ Mashed potatoes & Hot Veg Nanaimo Bar OR Cinnamon Pears	Cafe Closed Beef Patty on Bun w/ Hot Veg OR Red Pepper & Basil Frittata w/ Parmesan Cheese w/ Mashed Potatoes & Hot Veg Blueberry Crisp OR Crushed Pineapple
Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Cafe Closed Baked Ham in Pineapple Sauce OR Sole Florentine w/ Scalloped Potato & Hot Veg Luscious Lemon Square OR Tropical Fruit	Fish & Chips w/ Hot Veg OR Baked Chicken Breast on a Bun w/ Hot Veg OR Cottage Cheese & Fruit Plate w/ Mini Croissant Banana Cream Pie OR Pears	Corned Beef OR Turkey a la King w/ Mashed Potatoes & Hot Veg Buttertart Square OR Tropical Fruit	Perogies & Salad OR Tuna Noodle Casserole w/ Hot Veg OR Santa Fe Chicken Thighs w/ Roasted Potatoes & Hot Veg Lime Meringue Pie OR Fruit Cocktail	Cheese Cannelloni w/ Hot Veg OR Fried Bologna w/ Garlic Mashed Potatoes & Hot Veg Carrot Cake OR Pears	Chicken Breast on a Bun w/ Salad OR Haddock OR Honey Roasted Pork Chop w/ French fries & Hot Veg Triple Chocolate Fudge Cake or stewed Rhubarb	Cafe Closed Turkey Parmigiana OR Shrimp Scampi w/ Buttered Egg Noodles & Hot Veg Vanilla Chocolate Ice Cream Bar or Mixed Berries
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Cafe Closed Roast Beef OR Vegetarian Moroccan Tofu Stew w/ Mashed Potatoes & Hot Veg Apple Pie or Pineapple Tidbits	Soup & Salad & Garlic Bread OR Beef Taco Casserole or Spiced Chicken Thigh w/ Rice Pilaf & Hot Veg Boston Cream Pie OR Honey Dew Melon	Pork Roast OR Baked Tilapia w/ Sweet Potato Fries & Hot Veg Orange Drean Shortcake OR Fresh Grapes	Chicken Stir-Fry OR Meatloaf w/ whipped Potato & Hot Veg OR Penne Eggplant Parmesan w/ Hot Veg & Garlic Bread Cherry Crisp OR Pears	Chicken Drumsticks & Thighs OR Roast Leg of Lamb w/ Parmesan Potatoes & Hot Veg Iced Brownie OR Apricot	Oktoberfest Sausage w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Pasta Bake with Sauteed Peppers OR Asian Pork Chop w/ Mashed potatoes & Hot Veg Vanilla Caramel Swirl Cake OR Tropical Fruit	Cafe Closed Lemon Pepper Cod OR Beef Stroganoff w/ Mashe Potatoes & Hot Veg Apple Pie OR Cantaloupe
Sunday 29	Monday 30					
Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread Black Forest Cake OR Stewed Rhubarb	Hamburger & Fries OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Macaroni & Beef Casserole w/ Hot Veg Date Square OR Watermelon					