

Trinity Village Café & Meals on Wheels November 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
					Chicken Fingers w/ Fries & Hot Veg OR Baked Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg	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 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Applesauce	Chicken Caesar Salad & Garlic Bread 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	Grilled Cheese & Soup 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	Hamburger & Fries 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 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
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	Chicken Souvlaki w/Rice & 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	Taco 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 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Cafe Closed Roast Beef OR Vegetarian Moroccan Tofu Stew w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits	Stuffed Pepper w/ Mashed Potato & Hot Veg OR Swiss Steak in Sour Cream Sauce OR Spiced Chicken Thigh w/ Savoury Diced Potato & Hot Veg Lemon Shortcake OR Fruit Cocktail	Pork Roast OR Baked Tilapia w/ Roasted Potato & Hot Veg Banana Loaf OR Watermelon	Pork Riblet w/ Mashed Potato & Hot Veg OR Eggplant Parmigiana w/ Hot Veg & Garlic Bread OR Beef Stew w/ Boiled Potato & Hot Veg Iced Brownie OR Pears	Turkey Fricassee OR Beef Stuffed Peppers w/ Mashed Potatoes & Hot Veg Cherry Crisp OR Apricots	Turmeric Chicken w/ Rice & Hot Veg OR Breaded Haddock OR Farmers Sausage w/ French Fries & Hot Veg Vanilla Caramel Swirl Cake OR Tropical Fruit	Cafe Closed Chicken Swiss OR Veal with Mushroom Sauce w/ Mashed Potatoes & Hot Veg Strawberry Shortcake OR Cantaloupe
Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 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	Soup & Salad w/ Garlic Bread OR Marinated Pork Loin OR Hot Dog on a Bun w/ French Fries & Hot Veg Date Square OR Grapes	Baked Pollock OR Mustard Chicken w/ Parslied Potatoes & Hot Veg Iced Banana Cake OR Mixed Berries	Poutine Bar OR Liver & Onions w/ Mashed Potatoes & Hot Veg OR Spinach & Cheese Cannelloni w/Sauteed Mushrooms & Garlic Bread Chocolate Silk Truffle OR Pineapple Tidbits	Honey Garlic Chicken Breast w/ French Fries & Hot Veg OR OR Roasted Vegetable Lasagna w/ Hot Veg & Dinner Roll Blueberry Crisp OR Watermelon	Chicken Wings w/ Potato Wedges & Salad OR Baked Salmon Fillet OR Chicken Fingers w/ Lyonnaise Potatoes w/ Hot Veg Maple Mania Cake or Apricots	Cafe Closed OR Pork Chop & Mushroom Sauce w/ Mashed Potato & Hot Veg OR Spaghetti & Meat Sauce with Hot Veg Black Cherry Ice Cream or Banana