

Trinity Village Café & Meals on Wheels February 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

						Saturday 1
						Café Closed Swiss Veral Cutlet OR Chicken Paprikash w/ Buttered Egg Noodles & Hot Veg Nanaimo Bar or Crushed Pineapple
Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
Cafe Closed Baked Ham in Pineapple Sauce OR Fish w/ Orange Ginger w/ Scalloped Potato & Hot Veg Luscious Lemon Square OR Tropical Fruit	Cabbage Rolls w/ Mashed Potato & 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	Grilled Cheese & Chicken Noodle Soup 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	Oktoberfest Sausage w/ Mashed Potato & Hot Veg OR Breaded Haddock OR Honey Roasted Pork Chop w/ French fries & Hot Veg Triple Chocolate Fudge Cake or stewed Rhubarb	Café Closed Turkey Parmigiana OR Shrimp Scampi w/ Buttered Egg Noodles & Hot Veg Vanilla Chocolate Ice Cream Bar or Mixed Berries
Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
Cafe Closed Roast Beef OR Vegetarian Moroccan Tofu Stew w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits	Perogies & Salad 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	Fish & Chips 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	Chicken Fingers w/ Fries & 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 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
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 Rubbed Pork Loin OR All Beef 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	Vegetarian Lasagna & Garlic Bread OR Honey Garlic Chicken w/ Fries & Hot Veg OR Roasted Vegetable Lasagna with WW Roll & Hot Veg Apple Pie or Ice Cream Bar	Honey Garlic Chicken Breast w/ French Fries & Hot Veg OR OR Roasted Vegetable Lasagna w/ Hot Veg & Dinner Roll Blueberry Crisp OR Watermelon	Chicken Souvlaki w/ Rice & Salad OR Baked Salmon Fillet OR Chicken Fingers w/ Lyonnaise Potatoes w/ Hot Veg Maple Mania Cake or Apricots	Cafe Closed Pork Chop & Mushroom Sauce w/ Mashed Potato & Hot Veg OR Spaghetti & Meat Sauce with Hot Veg Black Cherry Ice Cream or Banana
Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	
Café Closed Roast Turkey w/gravy OR Cod Nuggets w/ Mashed Potatoes & Hot Veg Lemon Meringue Pie or Peach Slices	Chicken Caesar Salad & Garlic Bread 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	Spaghetti w/Meat Sauce & Caesar Salad OR Baked Chicken with Baked Potato & Hot Veg OR Meat Lasagna w/ Garlic Bread & Hot Veg Buttertart Square or Banana & Chocolate Sauce	BBQ Pork Loin OR Baked Haddock w/ Spinach & Onions w/ Mashed Sweet Potatoes & Hot Veg Cherry Pie or Peach Slices	Chicken Wings w/ Potato Wedges & Salad OR Crispy Baked Shrimp OR Swedish Meatballs w/ Mashed Potatoes & Hot Veg Blueberry Crisp or Cinnamon Pears	