

# Trinity Village Café & Meals on Wheels January 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**

			Wednesday 1	Thursday 2	Friday 3	Saturday 4
			<b>Café Closed</b> BBQ Chicken Breast w/Roasted Potato & Hot Veg OR Vegetarian Lasagna w/ Hot Veg & Garlic Bread  Silk Truffle Bar or Fruit Cocktail	BBQ Pork Loin OR Baked Haddock w/ Spinach & Onions w/ Mashed Sweet Potatoes & Hot Veg  Cherry Pie or Peach Slices	<b>Café Closed</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 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
<b>Cafe Closed</b> Baked Ham in Pineapple Sauce OR Fish w/ Orange Ginger w/ Scalloped Potato & Hot Veg  Luscious Lemon Square OR Tropical Fruit	<b>Perogies &amp; Salad</b> 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	<b>Chili &amp; Garlic Bread</b> OR Tuna Noodle Casserole w/ Hot Veg  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	<b>Peri Peri Chicken w/ Rice &amp; Salad</b> OR Breaded Haddock OR Honey Roasted Pork Chop w/ French fries & Hot Veg  Triple Chocolate Fudge Cake or stewed Rhubarb	<b>Café Closed</b> Turkey Parmigiana OR Shrimp Scampi w/ Buttered Egg Noodles & Hot Veg  Vanilla Chocolate Ice Cream Bar or Mixed Berries
Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
<b>Cafe Closed</b> Roast Beef OR Vegetarian Moroccan Tofu Stew w/ Mashed Potatoes & Hot Veg  Apple Pie OR Pineapple Tidbits	<b>Chicken Caesar Salad &amp; Garlic Bread</b> 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	<b>Turmeric Chicken w/ Rice &amp; Salad</b> 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	<b>Beef Macaroni Casserole &amp; Hot Veg</b> OR Breaded Haddock OR Farmers Sausage w/ French Fries & Hot Veg  Vanilla Caramel Swirl Cake OR Tropical Fruit	<b>Cafe Closed</b> Chicken Swiss OR Veal with Mushroom Sauce w/ Mashed Potatoes & Hot Veg  Strawberry Shortcake OR Cantaloupe
Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
<b>Cafe Closed</b> Roast Beef w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread  Black Forest Cake OR Stewed Rhubarb	<b>Chicken Fingers &amp; Fries</b> OR 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	<b>Spaghetti w/ Meat Sauce &amp; Salad</b> 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	<b>Beef Stew w/ Mashed Potatoes &amp; Hot Veg OR</b> Baked Salmon Fillet OR Chicken Fingers w/ Lyonnaise Potatoes w/ Hot Veg  Maple Mania Cake or Apricots	<b>Cafe Closed</b> Pork Chop & Mushroom Sauce w/ Mashed Potato & Hot Veg OR Spaghetti & Meat Sauce with Hot Veg  Black Cherry Ice Cream or Banana
Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	
<b>Café Closed</b> Roast Turkey w/gravy OR Cod Nuggets w/ Mashed Potatoes & Hot Veg  Lemon Meringue Pie or Peach Slices	<b>Chicken Breast 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>Chinese Food</b> 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	<b>Soup &amp; Salad</b> OR Crispy Baked Shrimp OR Swedish Meatballs w/ Mashed Potatoes & Hot Veg  Blueberry Crisp or Cinnamon Pears	