

Trinity Village Café & Meals on Wheels May 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

| | | | | Thursday 1 | Friday 2 | Saturday 3 |
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| | | | | Cheese Cannelloni w/ Hot Veg OR Fried Bologna w/ Garlic Mashed Potatoes & Hot Veg Carrot Cake OR Pears | Assorted Subs 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 4 | Monday 5 | Tuesday 6 | Wednesday 7 | Thursday 8 | Friday 9 | Saturday 10 |
| Cafe Closed Roast Beef OR Vegetarian Moroccan Tofu Stew w/ Mashed Potatoes & Hot Veg Apple Pie OR Pineapple Tidbits | Chicken Fingers & Fries OR Beef Taco Casserole or Spiced Chicken Thigh w/ Rice Pilaf & Hot Veg Boston Cream Pie OR Pineapple Tidbits | Pork Roast w/Gravy OR Baked Tilapia w/ Sweet Potato Fries & Hot Veg Orange Dream Shortcake OR Fresh Grapes | Roasted Chicken w/ Potato & Hot Veg OR Meatloaf w/ Whipped Potatoes & 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 | Beef Macaroni Casserole & Hot Veg OR Broccoli Cheese Pasta Bake with Sautéed 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/ Mashed Potatoes & Hot Veg Apple Pie OR Cantaloupe |
| Sunday 11 | Monday 12 | Tuesday 13 | Wednesday 14 | Thursday 15 | Friday 16 | Saturday 17 |
| Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread Black Forest Cake OR Stewed Rhubarb | Chicken Caesar Salad & Garlic Bread OR 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 Souvlaki w/ Rice & Salad OR Liver & Onions w/ Whipped Potatoes & Hot Veg OR Spinach & Cheese Cannelloni w/ Bread Stick 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 | BLT Sandwich & Soup 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 18 | Monday 19 | Tuesday 20 | Wednesday 21 | Thursday 22 | Friday 23 | Saturday 24 |
| Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg Strawberry Shortcake OR Mandarin Oranges | Café Closed OR Crispy Baked Shrimp OR Open Hot Hamburger Sandwich w/ French Fries & Hot Veg Black Forest Tart OR Fresh 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 | Turmeric Chicken w/Rice & 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 | Oktoberfest Sausage on a Bun & 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 |
| Monday 25 | Monday 26 | Tuesday 27 | Wednesday 28 | Thursday 29 | Friday 30 | Saturday 31 |
| Cafe Closed Baked Ham in Pineapple Sauce OR Sole Florentine w/ Scalloped Potato & Hot Veg Luscious Lemon Square OR Tropical Fruit | Fish & Fires 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 Crushed Pineapple | Chicken Stir-fry 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 Wings w/Potato Wedges OR 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 |