

Here is our new menu that will star in April. Please call if you would like to make changes to your order.

705-246-0036

MEALS ON WHEELS				New Menu April 2025
WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MONDAY	MONDAY	MONDAY	MONDAY	
Carrot soup Broccoli Chicken Casserole Peas Rice Apple Coffee Cake	Cabbage and Meatball soup French onion Pot roast Mashed Potatoes with gravy Roasted Carrot Raisin , Chocolate and Oat squares	Tomato Macaroni Soup Chicken Stew Dumplings Roasted Carrot Oatmeal Raisin Cookies	Tomato Soup Ham Roasted Potatoes Roasted Carrot Date Squares	
WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	
Creamy Beef and Mushroom Soup Beef Meatballs Spaghetti with Tomato Sauce Roasted carrots Lemon Snow	Bean salad with veggies Chicken Parmesean Roasted Potatoes Vegetable Medley Cinnamon Cake	Potato Salad Hamburger with a bun and toppings Coleslaw Seasonal Cheesecake	Chicken Noodle Soup Roasted Chicken Breast Scalloped Potatoes Peas Sugar Free Vanilla Cake	
FRIDAY	FRIDAY	FRIDAY	FRIDAY	
Greek Salad Sausage bake with a cream sauce Roasted Potatoes Green Beans Chocolate Peanut Bars	Tortellini Soup Chili Peas Corn Bread Rhubarb Cake	Cauliflour Soup BBQ Pork Chop Roasted potatoes Vegetable Medley Apple Crisp	Quinoa Salad Baked Fish Roasted Potatoes Coleslaw Cinnamon Pin Wheels	

Diabetic desserts, gluten free and dairy free options available as needed. If you have questions, email: mealsonwheels@trefrycentre.ca