

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

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