

Hotserve - Meals on Wheels Menu - Meals on Wheels & More

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Beef Barley	Harvest Vegetable	Country Veg.	Chicken Noodle	Minestrone	Beef Vegetable	Chicken Rice
Alternative CHOICE							
Accompaniment	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
Entrée	Steak & Mushroom Pie Yellow beans, baby carrots Peas & Pearl Onions	Macaroni & Cheese Stewed Tomatoes Mixed Vegetable	SausagePenne Yellow pepper zucchini cauli carrot & celery	Turkey Chili Corn, green & red peppers White rice	Salmon in Lemon Sauce Vegetables Rice	Beef Stroganoff Green Beans Beets	Baked Ham Carrots sticks Mashed Potatoes
Alternative	pork w/stuffing	Salisbury Steak	Meat lasagna	Vegetarian Chili	Chicken stew	Fish & chips	Chicken Cacciatore
	Carrots	Mixed Vegetable	Orange & yellow carrots	Corn	Peas Carrots & Turnip	Carrots, peas	zucchini and Carrots
	Mashed Potatoes	Home fries	Green beans	Rice	Spinach	Green beans & corn	Mashed Potatoes
Special Diet Meal	Chicken with gravy	Beef & Vegetable Casserole	Hawaiian Chicken	Pot Roast	Herbed Fish	Turkey with gravy	Apple Pork
(GF/ Lactose Free/ 87 mmol Na - suitable for renal)	Green beans	Peas	Carrots	Peas	Peas	Green Beans & Squash	Green Beans & Squash
	Rice Pilaf	Rice	Rice	Rice	Rice	Rice	Rice
Vegetarian	Chana Masala	Vegetarian Pasta Primavera	Vegetarian Dahl	Vegetable Chili	Mac & Cheese	Vegetarian Stew	Vegetarian Tofu
	Mild chick pea curry	Broccoli	Peas & Carrots	Corn	Stewed Tomatoes	Broccoli	Green beans
	White rice	Carrots	Basmati Rice	Rice	Mixed vegetables	Mashed potatoes	Rice
MINCED ENTRÉE	Pork	Chicken a la King	Beef stew	Turkey	Beef	Pork	Beef stew
PUREED ENTRÉE	Chicken a la King	Macaroni & Cheese	Turkey Meal	Beef & Vegetable Casserole	Sweet & Sour Chicken	Pork	Shepherd's Pie
Dessert - Standard	Tripleberry Crumble	Lemon Tart	Banana Cake	Chocolate cake	Apple Crisp	Oatmeal Date	Strawberry Shortcake
Dessert - Diabetic	LS Chocolate Mousse	Fruit Cocktail Cup	Rice Pudding	Cherry Cobbler	Apple Crisp	Fruit cup	Blueberry cake
Pureed Dessert	LS Chocolate Mousse	Peach Cup	Vanilla Pudding cup	LS Tangerine Mousse	BananaCup	LS Strawberry Mousse	Pear Cup
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Harvest vegetable	Beef Barley	Chicken Vegetable	Country Vegetable	Chicken rice	Chicken Vegetable	Country Vegetable
Alternative							
Accompaniment	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers	Crackers
Entrée	Bangers & Mash Peas & Yellow Beans Roast Potatoes	Liver & Onions Veg. Medley Mashed Potatoes	Chick breast/cheddar Mixed vegetables Roast potatoes	Meatloaf with gravy Green & Yellow Beans Mashed Potatoes	Lemon Herb Fish Corn Home Fried Potatoes	Chicken fingers Peas & carrots French fries	Country style PorkCasserole Green beans Sweet potatoes
Alternative	Vegetable Lasagna	Chicken Stew	Fish cakes	Country Chicken	Salisbury Steak	Traditional Pot roast	Creamed Salmon
	Medley of Vegetables	garlic butter spinach	Peas & red pepper	Carrots	Mixed veg	Carrots & beans	Mixed Vegetables
		mashed turnips	French Fries	Mashed Potatoes	Home fries	Country style potatoes	Mashed Potatoes
Special Diet Meal	Hawaiian Chicken	Pot Roast	Beef & Vegetable Casserole	Chicken with gravy	Herbed Fish	Turkey	Beef Vegetable Casserole
(GF/ Lactose Free/ 87 mmol Na - suitable for renal)	Carrots	Peas	Peas	Green Beans	Peas	Carrots	Peas
	Rice	Rice	Rice	Rice Pilaf	Rice	Rice	Rice
Vegetarian	Macaroni & Cheese	Vegetarian Dahl	Vegetarian Chili	Vegetarian Tofu	Vegetarian Lasagna	Vegetarian Stew	Veg. Pasta Primavera
	Stewed Tomatoes	Peas & carrots	Corn	Green beans	Vegetable medley	Broccoli	Broccoli
	Mixed Vegetable	Basmati Rice	Rice	Rice Pilaf		Mashed Potatoes	Carrots
MINCED ENTRÉE	Pork	Chicken a la King	Beef stew	Turkey	Beef	Pork	Beef stew
PUREED ENTRÉE	Pot Roast	Chicken Cacciatore	Apple Braised Pork	Turkey Casserole	Lemon Fish	Macaroni & Cheese	Beef & Vegetable
Dessert - Standard	Pecan pie	Orange Layer Cake	Strawberry Shortcake	Butter tart	Sticky Toffee Pudding	Chocolate Pear cake	Cinnamon Roll
Dessert - Diabetic	Apple crisp	Tangerine Mousse (LS)	Fruit cup	Cherry cobbler	Rice pudding	Chocolate pear cake	Peach Cobbler
Pureed Dessert	LS Chocolate Mousse	Tangerine Mousse (LS)	Peach Cup	PearCup	Vanilla Pudding cup	Banana Cup	Strawberry Mousse (LS)