

**Community Meals on Wheels Updated LOU Services Menu 658-1888**  
**The price for Frozen Meals is \$7.00 a meal and does not come with a dessert.**  
**Frozen Meal orders are placed on Tuesday's between 9am-2pm. Minimum order of 7 meals.**

## **BEEF:**

**Shepherd's Pie:** Ground beef with gravy, corn, peas, and carrots topped with mash potatoes.  
Served with mixed vegetables (**GF**)

**Pot Roast:** Potato wedges with gravy and mixed vegetables (**GF**)

**Salisbury Steak:** Blend of pork and beef served with mashed potatoes, mashed carrot/turnip & peas

**Spaghetti:** Multi vegetable sauce with meat served with blueberry crisp

**Meatballs:** BBQ Meat Balls served on rice with potatoes wedges and corn

**Meat Lasagna:** Lasagna served with a brownie(**GF**)

**Hamburger Stew:** PEI grass feed beef, carrots, parsnips, turnips and potatoes with mixed vegetables on the side

**Brown Beans:** Baked beans, carrot & turnip and brown bread (**GF**)

**Cabbage Rolls:** Cabbage rolls made with brown rice served with cubed sweet potatoes (**GF**)

**Beef Liver & Onions:** Served on top of mash potatoes, with carrot/ turnip mash & peas

**Mac, Meat & Cheese:** Elbow noodles topped with a meat, tomato & cheese sauce, served with peas & carrots. (**GF**)

**Meatloaf:** With mashed potatoes with tomato sauce and Broccoli & Cheese on the side

## **VEGETARIAN:**

**Mac & Cheese:** Elbow noodles topped with a cheese sauce, served with peas & corn on the side

**Vegetable Lasagna:** Our 9 vegetables sauce with Spinach, cottage cheese, noodles topped with mozzarella cheese with a brownie

## **POULTRY:**

**Sweet Sour & Chicken:** Sweet and Sour Chicken served on top of rice with peas and carrots (**GF**)

**Chicken Breast:** Roasted chicken breast served with mashed potatoes with broccoli and cheddar cheese (**GF**)

**Roasted Chicken:** Roasted Chicken served with mash potatoes and mixed vegetable and gravy (**GF**)

**Chicken Pot Pie:** This Pie is filled with mixed vegetables in a gravy and apple crisp

**Chicken Pieces:** Lightly breaded pieces of chicken served with mash potatoes and mixed vegetables

**Turkey with Stuffing:** Turkey served with gravy on top of mash potatoes and dressing, carrots and peas on the side (**GF**)

## **PORK:**

**Baked Ham:** Baked Ham served with scalloped potatoes, peas and corn

**Seasoned Pork Loin:** Marinated Pork Loin served with dressing, mash carrots and turnip

**BBQ Rib Style Pork Cutlet:** BBQ Rib served on rice with corn and peas (**GF**)

**Breaded Boneless Pork Chop:** served with gravy on mashed potatoes & dressing, carrots and peas  
On the side

## **FISH:**

**Baked Haddock:** Served with a cheese sauce with seasoned potato wedges and mixed vegetables (**GF**)

**Salmon Dinner:** Baked salmon with dill sauce, rice and mixed vegetables (**GF**)

**Fish and Chips:** Lightly battered white fish served with potato wedges and corn

**Fish Cakes:** Baked Fish cakes with corn meal served with sweet potato fries, creamed carrots and peas

## **NEW ENTREES:**

**Pizza:** Served with Pesto Pasta

**Chicken Stir Fry:** Served with Rice & Egg Roll

**Chili:** Served on top of pasta and broccoli & cheese side

## **NEW “MARCH” ENTREES:**

**Chicken Parm:** 3oz Chicken Breast with tomato cheese sauce on a bed of spaghetti served with seasoned broccoli on the side

**BBQ Chicken Breast:** 3oz Chicken Breast with a sweet BBQ sauce and mash potatoes served with peas and carrots on the side

**Spinach Alfredo Chicken:** 3oz Chicken Breast with Spinach Alfredo sauce on a bed of spaghetti served with seasoned broccoli on the side

**Beef Pot Pie:** Peas, Carrots, Diced Potatoes and ground beef in a beef based sauce with pie crust on top served with apple crumble

**Western Omelet:** 2 egg omelet with ham and diced onions served with sweet potato hash brown on the side

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**Beef Stew:** With squash and mashed potatoes

**(D, GF, LC, LF, LS, V)**

**Chopped Swiss Steak:** In tomato gravy with  
squash and mashed potatoes- **(D, LC, LS)**

**POULTRY:**

**General Tso's Chicken:** Sweet & Sour boneless  
chicken with vegetable fried rice and green beans  
**(D)**

**Breaded Chicken Breast:** On top of Caesar sauce  
on a red pepper rice pilaf with green & yellow  
beans and carrots **(D, LC)**

**PORK:**

**Bangers and Mash:** With mashed potatoes, gravy  
and peas **(D)**

**Tourtiere Meat Pie:** Ground pork & beef topped  
with pastry, served with peas, mixed corn & bell  
peppers **(D)**