

Community Meals on Wheels **Nourish NB 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:**

Beef Teriyaki Meatballs with Vegetable Not

Fried Rice

Spaghetti Bolognese

Inside Out Cabbage Roll w Rice (Pork & Beef mix) (GF)

**CHICKEN & POULTRY:**

Braised Chicken Thighs w Mushroom Cream Sauce & Mash Potatoes w Steamed Broccoli (GF)

Broccoli Chicken Alfredo

Broccoli Cheddar Stuffed Chicken Breast w Rice & Corn (GF)

Turkey Mushroom Meatloaf w Mash Sweet Potato & Green Beans

**PORK:**

Pineapple Glazed Ham w Scalloped Potatoes & Carrots (GF)

Pork Loin w Apple Sauce & Sweet Potato Mix Vegetable (GF)

Sausage w Roasted Vegetable & Penne Pasta in Rose Sauce

Stuffing Stuffed Pork Loin w Cauliflower & Roasted Potato w Gravy

**FISH:**

Fish Cake & Steamed Mix Vegetable

Haddock Fish & Chips (Roasted Potato) & Peas

Salmon w Lemon Dill Cream Sauce w Rice Rice & Green Beans (GF)