

**Community Meals on Wheels 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:** With peas and carrots

**Traditional Pot Roast:** With country-style potatoes, carrots and green & yellow beans **(GF)**

**Salisbury Steak:** With mushroom gravy, home fried potatoes and mixed carrots, beans, peas and pearl onions

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

**Chopped Swiss Steak:** In tomato gravy with squash and mashed potatoes-

**Meat Lasagna:** With mixed orange & yellow carrots and green beans

**Macaroni and Beef:** Ground beef in tomato sauce, topped with macaroni and cheese with green & yellow beans and carrots

**Spaghetti Bolognese:** With carrots

**Meatloaf:** With mashed potatoes, green & yellow beans and carrots

**Beef Liver & Onions:** With Mashed Potatoes and mixed carrots, beans, peas and pearl onions

**Meatballs in Gravy:** With mashed potatoes & carrots

**Vegetable Lasagna:** With peas & pearl onions and mixed corn and green & red peppers

**POULTRY:**

**Turkey with Stuffing:** With mashed potatoes and peas

**Sweet & Sour Chicken:** With white rice

**General Tso's Chicken:** Sweet and spicy battered chicken with rice pilaf and green beans

**Breaded Chicken Breast:** On a red pepper rice pilaf topped with Caesar sauce and served with green & yellow beans and carrots

**Chicken Breast with Cheddar & Bacon Sauce:** With red-skinned potatoes and mixed vegetables **(GF)**

**Roast Chicken:** Boneless, skinless Chicken Thigh with fries, dipping sauce and mixed carrots, corn, beans and peas

**Chicken Pot Pie:** Chicken and vegetables in a cream sauce topped with pastry served with green beans and carrots

**Breaded Chicken Fingers:** With French Fries, peas and carrots

**PORK:**

**Bangers and Mash:** With mashed potatoes, gravy and peas

**Pork with Stuffing:** With country-style potatoes and carrots

**Baked Ham:** In pineapple sauce with mashed potatoes and carrots

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

**BBQ Rib Style Pork Cutlet:** With squash and home fried potatoes

**Seasoned Pork Loin with Gravy:** With scalloped potatoes and succotash

**FISH:**

**Fish Florentine:** Cheese sauce over haddock fillet on a bed of spinach is served with red-skinned potatoes and carrots

**Salmon in Lemon Sauce:** Served with white rice and peas with carrots

**Fish and Chips:** With mixed carrots, peas, green beans and corn

**Fish Cakes:** With French Fries, peas and carrots

## **NEW SOUPS (NELA'S KITCHEN):**

**Chicken Barley Soup:** Pulled chicken, overnight bone broth, organic barley, onions, celery, carrots, red peppers, parsnips, parsley, green onion, garlic, sage, thyme, turmeric, salt and pepper.

**Roasted Red Pepper and Lentil Soup (Mildly Spicy):** Red peppers, shredded zucchini, carrots, onion, celery, tomato sauce, organic red lentil, parsley, green onion, oregano, corn, garlic, chili powder, salt, pepper