

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

ZESTY LEMON:

5” Chicken Pot Pie: Chicken and vegetables in a cream sauce enclosed in pastry.

Cheese Tortellini: Ground Beef, tomato sauce, onions, peppers, mixed cheddar cheese, parmesan cheese, garlic, cheese tortellini