**Community Meals on Wheels Nourish NB Menu 658-1888**

**The price for Frozen Meals is $7.50 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 Bolognase**

**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**

**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 & Green Beans (GF)**