

Community Meals on Wheels **Nourish NB Menu** 506-658-1888
The price for Frozen Meals is \$8.00 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 Carrots (GF)

Broccoli Chicken Alfredo

Turkey Mushroom Meatloaf w Mash Sweet
Potato & Green Beans

PORK:

Pineapple Glazed Ham w Scalloped Potatoes &
Carrots (GF)

Sausage w Roasted Vegetable & Penne Pasta in
Rose Sauce

Pork Loin with Stuffing 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)