

Community Meals on Wheels **Frozen Menu** 506-658-1888

The price for the 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

NOURISH NB

BEEF:

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)

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)

FREDERICTON MEALS ON WHEELS:

BEEF:

Meat Lasagna with Roasted Potatoes & Mixed Peas & Carrots

Meatloaf with Mashed Potato & Italian Blend Vegetable

Roast Beef & Gravy with Mashed Potato & Fall Medley Vegetable

Salisbury Steak, Gravy & Mushroom with Mashed Potato & California Mix

Shepherd's Pie with Mashed Potato & Fall Medley

CHICKEN & POULTRY:

Breaded Chicken Strips with Roasted Potato & Mixed Peas & Carrots

Chicken Cacciatore with Mashed Potato & California Mix

Chicken & Gravy with Mashed Potato & Sunrise Mix

Chicken Parmesan with Mashed Potato & Green & Yellow Beans

Turkey & Stuffing with Mashed Potato & Mixed Peas & Carrots

PORK:

Braised Pork & Applesauce with Mashed Potato & Sunrise Mix

Honey Garlic Pork with Mashed Potato & Broccoli

Roast Ham with Mashed Potato & Italian Blend Vegetable

PLEASE NOTE- If an item ordered, is not available, then a substitution will be sent in its place

APETITO:

BEEF:

Shepherd's Pie: With peas and carrots

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

Beef Stew: With squash and mashed potatoes

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

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

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

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.

Chili: Ground Beef, Onions, Green Pepper, Tomatoes, Mushrooms, Chili Spice, Spices, Beans

Beef Stew: Beef, Beef Stock, Rosemary, Pepper, Salt, Peas, Potato, Carrots, Celery, Onions, Thyme, Cornstarch

RIVERVIEW'S FINEST:

Roast Beef Dinner: Roast Beef, Mashed Potato, Bean/Carrot Medley (GF)

Turkey Dinner: Turkey, Mashed Potato, Peas, Dressing and Cranberry Sauce

Shepherd's Pie: With Green Beans

Meat Lasagna: With carrots

Meatballs with Gravy: With mashed potatoes & green beans

5" Beef Pot Pie: Beef 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.

BBQ Chicken Thigh – mashed potato and corn.

Chicken Pot Pie –Chicken and vegetables in a cream sauce, topped with pastry.

Beef, Macaroni Casserole –ground beef in tomato sauce, topped with cheese.

Pork Bowl – ground pork with vegetables and rice, teriyaki sauce and egg roll.

Salisbury Steak –mashed potato, mushroom gravy and seasoned carrots.

Spaghetti W Meat Sauce

Stuffed Chicken Breast – mashed potato, dressing and seasoned carrots.

Sweet and Sour Meatballs – with white rice.

Broccoli Chicken Alfredo

Beef Teriyaki Meatballs with Rice