

Trinity Village Café & Meals on Wheels January Menu

For One Time Meals on Wheels Services please contact: 519-893-6320 ext. 309

For Scheduling On-Going Meals on Wheels Services please contact: Krista McParland, Nutrition Manager, 519-893-6320 ext. 230 or kmcparland@trinityvillage.com

					Friday 1 Café Closed Maryland Fish Fillet OR Swedish Meatballs with Mashed Potatoes & Hot Veg	Saturday 2 Café Closed Swiss Veal Cutlet OR Chicken Paprikash with Buttered Egg Noodles & Hot Veg
Sunday 3 Café Closed Baked Ham in Pineapple Juice OR Fish w/Orange Ginger with Scalloped Potatoes and Hot Veg	Monday 4 Grilled Cheese with Soup OR Swiss Steak in Sour Cream Sauce OR Spiced Chicken Thigh with Savoury Diced Potatoes and Hot Veg	Tuesday 5 Pork Roast OR Baked Tilapia with Roasted potatoes and Hot Veg	Wednesday 6 Hamburger with Fries OR Eggplant Parmigiana with Hot Veg & Garlic Bread OR Veal Paprika with Mashed Potatoes & Hot Veg	Thursday 7 Turkey Fricassee OR Roast Leg of Lamb with Mashed potatoes & Hot Veg	Friday 8 Beef Nachos OR Breaded Haddock OR Farmers Sausage with Fries & Hot Veg	Saturday 9 Café Closed Chicken Swiss OR Veal with Mushroom Sauce with Baked Sliced Potatoes & Hot Veg
Sunday 10 Café Closed Roast Beef with Mashed Potatoes & Hot Veg OR Vegetable Lasagna with Hot Veg	Monday 11 Fish and Chips OR BBQ Pork Loin OR Lamb Curry with Fluffy Rice and Hot Veg Stuffing & Hot Veg	Tuesday 12 Baked Pollock OR Mustard Chicken with Parslied New Potatoes & Hot Veg	Wednesday 13 Roast Beef/Potato/Hot Veg OR Liver & Onions with Mashed potatoes & Hot Veg OR Spinach & Cheese Cannelloni with Hot Veg	Thursday 14 Honey Garlic Chicken with Mashed Potatoes & Hot Veg OR Vegetable Lasagna with Zucchini	Friday 15 Sloppy Joes with Hot Veg OR Baked Salmon OR Chicken Fingers with Lyonnais Potatoes & Hot Veg	Saturday 16 Café Closed Pork Chop & Mushroom Sauce OR Bavarian Veal with Parslied Noodles & Hot Veg
Sunday 17 Café Closed Roast Turkey & Gravy with Mashed Potato & Hot Veg OR Broccoli Cheese Frittata & Hot Veg	Monday 18 Veg Lasagna & Garlic Bread OR Italian Baked Fish OR Apple Braised Pork Chop with Rice & Hot Veg	Tuesday 19 Meatloaf with Mashed Potatoes & Hot Veg OR Cheese Ravioli & Sauce with Hot Veg	Wednesday 20 Peri Peri Chicken w/ Rice & Hot Veg OR Baked Chicken with Chalet Sauce with Baked Potato & Hot Veg OR Meat Lasagna with Hot Veg & Garlic Bread	Thursday 21 Rubbed Pork Loin OR Baked Haddock w/ Spinach & Onions with Mashed Sweet Potatoes & Hot Veg	Friday 22 Baked Ham w/ Rice & Hot Veg OR Maryland Fish Fillet OR Swedish Meatballs with Mashed Potatoes & Hot Veg	Saturday 23 Café Closed Swiss Veal Cutlet OR Chicken Paprikash with Buttered Egg Noodles & Hot Veg
Sunday 24 Café Closed Baked Ham in Pineapple Juice OR Fish w/Orange Ginger with Scalloped Potatoes and Hot Veg	Monday 25 Chicken Fingers & Fries OR Swiss Steak in Sour Cream Sauce OR Spiced Chicken Thigh with Savoury Diced Potatoes and Hot Veg	Tuesday 26 Pork Roast OR Baked Tilapia with Roasted potatoes and Hot Veg	Wednesday 27 Beef Stroganoff w/ Noodles & Hot Veg OR Eggplant Parmigiana with Hot Veg & Garlic Bread OR Veal Paprika with Mashed Potatoes & Hot Veg	Thursday 28 Turkey Fricassee OR Roast Leg of Lamb with Mashed potatoes & Hot Veg	Friday 29 Turkey Sandwich w/ Soup OR Breaded Haddock OR Farmers Sausage with Fries & Hot Veg	Saturday 30 Café Closed Chicken Swiss OR Veal with Mushroom Sauce with Baked Sliced Potatoes & Hot Veg