

Trinity Village Café & Meals on Wheels May 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

						Saturday 1 Café Closed Pork Chop & Mushroom Sauce OR Spaghetti with Meat Sauce & Hot Veg
Sunday 2 Café Closed Roast Turkey & Gravy with Mashed Potato & Hot Veg OR Broccoli Cheese Frittata & Hot Veg	Monday 3 Italian Baked Fish OR Apple Braised Pork Chop with Rice & Hot Veg	Tuesday 4 Meatloaf with Mashed Potatoes & Hot Veg OR Cheese Ravioli & Sauce with Hot Veg	Wednesday 5 Shawarma Wrap OR Baked Chicken with Chalet Sauce with Baked Potato & Hot Veg OR Meat Lasagna with Hot Veg & Garlic Bread	Thursday 6 Rubbed Pork Loin OR Baked Haddock with Spinach & Onions with Mashed Sweet Potatoes & Hot Veg	Friday 7 Chicken on a Bun & Salad OR Maryland Fish OR Swedish Meatballs with Mashed Potatoes & Hot Veg	Saturday 8 Café Closed Swiss Veal Cutlet OR Chicken Paprikash with Buttered Egg Noodles & Hot Veg
Sunday 9 Café Closed Baked Ham in Pineapple Juice OR Fish w/Orange Ginger with Scalloped Potatoes and Hot Veg	Monday 10 Chicken Caesar Salad & Garlic Bread OR Beef Taco Casserole OR Spiced Chicken Thigh with Rice Pilaf and Hot Veg	Tuesday 11 Pork Roast OR Baked Tilapia with Mashed Sweet Potatoes and Hot Veg	Wednesday 12 Turmeric Chicken with Rice & Salad OR Meatloaf with Chive Whipped Potatoes & Hot Veg OR Penne Eggplant Parmesan & Hot Veg	Thursday 13 Chicken Drumsticks & Thighs OR Roast Leg of Lamb with Parmesan Potatoes & Hot Veg	Friday 14 Salad Bar OR Broccoli Cheese Pasta Bake with Hot Veg OR Asian Pork Chop with Mashed Potatoes & Hot Veg	Saturday 15 Café Closed Lemon Pepper Cod OR Salisbury Steak & Gravy with Baked Sliced Potatoes & Hot Veg
Sunday 16 Café Closed Roast Beef with Mashed Potatoes & Hot Veg OR Vegetable Lasagna with Hot Veg	Monday 17 Perogies & Salad OR Marinated Pork Loin OR Lamb Curry with Fluffy Rice & Hot Veg	Tuesday 18 Baked Pollock OR Cornflake Crusted Chicken with Savoury Diced Potatoes & Hot Veg	Wednesday 19 Beef Nachos OR Liver & Onions with Whipped Potatoes & Hot Veg OR Spinach & Cheese Cannelloni with Garlic Bread & Hot Veg	Thursday 20 Honey Garlic Chicken with Scalloped Potatoes & Hot Veg OR Vegetable Lasagna with Zucchini	Friday 21 Homemade Yellow Split Pea Soup & Salad OR Baked Salmon Fillet OR Chicken Drumsticks with Lyonnaise Potatoes & Hot Veg	Saturday 22 Café Closed Pork Chop & Mushroom Sauce OR Chili Con Carne with Garlic Bread & Hot Veg
Sunday 23 Café Closed Roast Turkey & Gravy with Mashed Potato & Hot Veg OR Broccoli Cheese Frittata & Hot Veg	Monday 24 Café Closed OR Italian Baked Fish OR Breaded Pork Cutlet with French Fries & Hot Veg	Tuesday 25 Hot Dog on a Bun with German Potato Salad OR Cheese Ravioli & Sauce with Bread Stick & Hot Veg	Wednesday 26 Peri Peri Chicken & Rice & Salad OR Baked Chicken with Chalet Sauce OR Beef Stew with Mashed Potatoes & with Hot Veg	Thursday 27 BBQ Pork Loin OR Creole Baked Fish with Rice Pilaf & Hot Veg	Friday 28 Rotini Primavera with Alfredo Sauce & Hot Veg OR Beef Stroganoff with Mashed Potatoes & Hot Veg	Saturday 29 Café Closed Beef Patty on a Bun OR Red Pepper & Basil Frittata with Parmesan Cheese with Mashed Potatoes & Hot Veg
Sunday 30 Café Closed Baked Ham in Pineapple Juice OR Sole Florentine with Scalloped Potatoes and Hot Veg	Monday 31 Fish & Fries OR Beef Taco Casserole OR Spiced Chicken Thigh with Rice Pilaf and Hot Veg					

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