

# 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

			Wednesday 1	Thursday 2	Friday 3	Saturday 4
			Chicken Fingers w/ Fries & Hot Veg OR Baked Chicken with Baked Potato & Hot Veg OR Meat Lasagna w/ Garlic Bread & Hot Veg Buttertart Square or Banana & Chocolate Sauce	Rubbed Pork Loin OR Baked Haddock w/ Spinach & Onions w/ Mashed Sweet Potatoes & Hot Veg  Cherry Pie or Peach Slices	Taco Salad OR Crispy Baked Shrimp OR Swedish Meatballs w/ Mashed Potatoes & Hot Veg  Blueberry Crisp or Cinnamon Pears	Café Closed Swiss Veral Cutlet OR Chicken Paprikash w/ Buttered Egg Noodles & Hot Veg  Nanaimo Bar or Crushed Pineapple
Sunday 5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11
Cafe Closed OR Baked Ham in Pineapple Sauce OR Fish w/ Orange Ginger w/ Scalloped Potato & Hot Veg  Luscious Lemon Square OR Tropical Fruit	Chicken Noodle Soup & Egg Salad Sandwich OR Beef Taco Casserole or Spiced Chicken Thigh w/ Rice Pilaf & Hot Veg  Boston Cream Pie OR Honey Dew Melon	Pork Roast OR Baked Tilapia w/ Sweet Potato Fries & Hot Veg  Orange Dreaan Shortcake OR Fresh Grapes	Peri Peri Chicken w/ Rice & Salad OR Meatloaf w/ Whipped Potatoes & Hot Veg OR Penne Eggplant Parmesan w/ Hot Veg & Garlic Bread  Cherry Crisp OR Pears	Chicken Drumsticks & Thighs OR Roast Leg of Lamb w/ Parmesan Potatoes & Hot Veg  Iced Brownie OR Apricot	Turkey Club Sandwich w/ Coleslaw OR Broccoli Cheese Pasta Bake with Sautéed Peppers OR Asian Pork Chop w/ Mashed potatoes & Hot Veg Vanilla Caramel Swirl Cake OR Tropical Fruit	Cafe Closed Lemon Pepper Cod OR Beef Stroganoff w/ Mashe Potatoes & Hot Veg  Apple Pie OR Cantaloupe
Sunday 12	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18
Cafe Closed Roast Beef w/ Mashed Potatoes & Hot Veg OR Roasted Vegetable Lasagna w/ Caesar Salad & Garlic Bread  Black Forest Cake OR Stewed Rhubarb	Fish & Chips w/ Coleslaw OR Marinated Pork Loin w/ Mashed Potatoes & Hot Veg OR Macaroni & Beef Casserole w/ Hot Veg  Date Square OR Watermelon	Baked Pollock OR Cornflake Crusted Chicken w/ Savoury Diced Potatoes & Hot Veg  Iced Banana Cake OR Mixed Berries	Grilled Cheese & Salad OR Liver & Onions w/ Whipped Potatoes & Hot Veg OR Spinach & Cheese Cannelloni w/ Garlic Bread  Pecan Streusel Cake OR Pineapple Tidbits	Honey Garlic w/ Scalloped Potatoes & Hot Veg OR Chicken Breast OR Roasted Vegetable Lasagna w/ Hot Veg & Breadstick  Strawberry Rhubarb Pie OR Watermelon	Spaghetti w/ Meat Sauce & Caesar Salad OR Baked Salmon OR Chicken Drumsticks w/ Lyonnaise Potatoes & Hot Veg  Maple Chocolate Mania Cake OR Apricots	Cafe Closed Pork Chop & Mushroom Sauce w/ Parslied Noodles & Hot Veg OR Chili Con Carne w/ Hot Veg & Garlic Bread  Lemon Meringue Pie OR Mandarin Oranges
Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Cafe Closed Roast Turkey w/ Mashed Potatoes & Hot Veg OR Broccoli Cheese Frittata w/ Hot Veg  Strawberry Shortcake OR Applesauce	Cafe Closed Crispy Baked Shrimp OR Open Hot Hamburger Sandwich w French Fries & Hot Veg  Black Forest Tart OR Grapes	All Beef Hot Dog on a Bun w/ German Potato Salad & Hot Veg OR Vegetarian Chili w/ Hot Veg & Bread Stick  Citrus Orange Cake OR Mango	Tumeric Chicken w/ Rice & Salad OR Baked Chicken w/ Chalet Sauce OR Beef Stew / Mashed Potatoes & Hot Veg  Carrot Cake OR Banana & Chocolate Sauce	Sweet & Sour Pork OR Creole Baked Fish w/ Rice Pilaf & Hot Veg  Buttertart Square OR Peaches	Sausage on Bun & Salad OR Rotini Primavera w/ Alfredo Sauce w/ Hot Veg OR Salisbury Steak & Gravy w/ Mashed potatoes & Hot Veg Nanaimo Bar OR Cinnamon Pears	Cafe Closed Beef Patty on Bun w/ Hot Veg OR Red Pepper & Basil Frittata w/ Parmesan Cheese w/ Mashed Potatoes & Hot Veg  Blueberry Crisp OR Crushed Pineapple
Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	
Cafe Closed Baked Ham in Pineapple Sauce OR Fish w/ Orange Ginger w/ Scalloped Potato & Hot Veg  Luscious Lemon Square OR Tropical Fruit	Perogies & Salad OR Baked Chicken Breast on a Bun w/ Hot Veg OR Cottage Cheese & Fruit Plate w/ Mini Croissant  Banana Cream Pie OR Pears	Corned Beef OR Turkey a la King w/ Mashed Potatoes & Hot Veg  Buttertart Square OR Tropical Fruit	Vegetable Lasagna & Garlic Bread OR Tuna Noodle Casserole w/ Hot Veg OR Santa Fe Chicken Thighs w/ Roasted Potatoes & Hot Veg  Lime Meringue Pie OR Fruit Cocktail	Cheese Cannelloni w/ Hot Veg OR Fried Bologna w/ Garlic Mashed Potatoes & Hot Veg  Carrot Cake OR Pears	Chicken Caesar Salad & Garlic Bread OR Breaded Haddock OR Honey Roasted Pork Chop w/ French fries & Hot Veg  Triple Chocolate Fudge Cake or stewed Rhubarb	