



MOW Monthly Menu

For the month of:
December



Monday	Tuesday	Wednesday	Thursday	Friday
MEALS ON WHEELS CALL Olga Yudenko (416)225-2112 X134				1 CHICKEN SOUP ROASTED CHICKEN SWEET POTATO GREEN PEAS
4 LENTIL SOUP FISH STEW MASHED POTATO BEETS	5 CABBAGE BORSCHT CHOPPED STEAK KASHA CARROTS	6 MUSHROOM BARLEY BAKED SALMON POLENTA GREEN PEAS	7 POTATO LEEK SOUP CHICKEN BALLS SPAGHETTI ZUCCHINI	8 CHICKEN SOUP ROASTED CHICKEN ROAST POTATO MIX VEGETABLES
11 MINISTRONE FISH & CHIPS CARROTS	12 NAVY BEANS SOUP STUFFED CHICKEN MILLET & SQUASH ZUCCHINI	13 BUTTERNUT SQUASH COD FISH COUSCOUS BEETS	14 CREAM OF VEGETABLES MEATLOAF TRICOLOR FUSILLI VEGETABLES	15 CHICKEN SOUP ROASTED CHICKEN KASHA & BOWS GREEN PEAS
18 CREAM OF MUSHROOM MEAT BALLS RICE MIX VEGETABLES	19 CARROT SOUP CHICKEN STEW POTATO BEETS	20 PARSNIP SOUP BAKED SALMON MASHED SWEET POTATO CARROTS	21 CAULIFLOWER SOUP CHILI MEAT SAUCE PENNE PASTA GREEN PEAS	22 CHICKEN SOUP ROASTED CHICKEN LOKSHEN KUGEL ZUCCHINI
<u>25 CENTRE CLOSED</u> TOMATO SOUP CH CHOPPED STEAK PASTA GREEN PEAS	<u>26 CENTRE CLOSED</u> MIX BEANS SOUP SHEPHERD'S PIE BEETS	27 YAM SOUP TALAPIA FISH RICE ZUCCHINI	28 MUSHROOM BARLEY CHICKEN STEAK KASHA MIX VEGETABLES	29 CHICKEN SOUP ROASTED CHICKEN POTATO KUGEL CARROTS