



# Monthly Menu: Meals on Wheels

For the month of:  
MAY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BUTTERNUT SQUASH BAKED SALMON RICE VEGETABLES	2 MINISTRONE SOUP MEAT-VEG. LASAGNA VEGETABLESx2	3 CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES
6 PEA SOUP HAWAIIAN CHICKEN RICE VEGETABLES	7 MUSHROOM BARLEY SHEPPARDS PIE VEGETABLESx2	8 CABBAGE BORSCHT BAKED FISH POLENTA VEGETABLES	9 BROCCOLI SOUP CABBAGE MEAT STEW PASTA VEGETABLES	10 CHICKEN SOUP ROASTED CHICKEN KASHA & BOWS VEGETABLES
13 CAULIFLOWER SOUP TUNA PATTY ROAST POTATO VEGETABLES	14 MINISTRONE SOUP MEAT BALLS PENNE PASTA VEGETABLES	15 SPINACH SOUP BAKED SALMON COUSCOUS VEGETABLES	16 POTATO LEEK SOUP CHICKEN BALLS MILLET & SQUASH VEGETABLES	17 CHICKEN SOUP ROASTED CHICKEN MASHED SWEET POTATO VEGETABLES
20 CREAM OF MUSHROOM FISH BALLS ROAST POTATO VEGETABLES	21 BUTTERNUT SQUASH CHICKENLOAF COUSCOUS VEGETABLES	22 PARSNIP SOUP BAKED FISH RICE VEGETABLES	23 LENTIL SOUP CHOPPED STEAK MASHED POTATO VEGETABLES	24 CHICKEN SOUP ROASTED CHICKEN POTATO KUGEL VEGETABLES
27 CABBAGE BORSCHT MEAT STEW POLENTA VEGETABLES	28 MUSHROOM BARLEY CHICKEN STEW KASHA VEGETABLES	29 CREAM OF VEGETABLE BAKED SALMON MILLET & SQUASH VEGETABLES	30 SPINACH SOUP CHICKEN PATTY RICE VEGETABLES	31 CHICKEN SOUP ROASTED CHICKEN KASHA VEGETABLES

INQUIRIES: Contact Alla at [allak@betelcentre.org](mailto:allak@betelcentre.org) or 416-225-2112, ext. 134