

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jan 16 Feb 13 March 13 April 10 May 8 June 5 July 3 Aug 28 Sept 25 Oct 23 Nov 20 Dec 18	Soup: Split Green Pea Entrée: Roasted wild BC salmon with dill sauce, roasted potatoes & peas Dessert: Mini cake Or Fresh fruit (diabetic)	Salad: Mixed Green Entrée: Butter chicken with basmati rice & zucchini Dessert: Cheesecake Or Fresh fruit (diabetic)	Soup: Cream of Mushroom Entrée: Boneless pork with sweet n' sour sauce, rice & seasoned vegetables Dessert: Mini cake Or Fresh fruit (diabetic)	Salad: Coleslaw Entrée: Roasted top sirloin beef with beef gravy, mashed potatoes & roasted root vegetables Dessert: Fresh fruit salad	Salad: Ceasar Entrée: Baked meat lasagna, broccoli & garlic bread sticks Dessert: Jello Or Sugar-free Jello (diabetic)
Week 2 Jan 23 Feb 20 March 20 April 17 May 15 June 12 July 10 August 7 Sept 4 Oct 2 & 30 Nov 27 Dec 25	Soup: Vegetable Entrée: Chicken parmesan with tomato sauce, spaghetti and green beans Dessert: Tiramisu Or Fresh fruit (diabetic)	Salad: Mixed Green Entrée: Roasted smoked ham with pineapple sauce, mashed potato & carrot coins Dessert: Black forest cake Or Sugar free Jello (diabetic)	Soup: Won Ton Entrée: Beef and broccoli with black bean sauce & steamed rice Dessert: Apple crisp Or Fresh fruit (diabetic)	Soup: Minestrone Entrée: Cabbage rolls with tomato sauce, roasted potato & cauliflower Dessert: Unsweetened applesauce	Salad: Asian Sesame Entrée: Stir fried shrimp with basmati rice & stir fried peppers Dessert: Chocolate pudding Or Sugar-free pudding (diabetic)
Week 3 Jan 2 Feb 1 & 27 March 27 April 24 May 22 June 19 July 17 Aug 14 Sept 11 Oct 9 Nov 6 Dec 4	Salad: Mixed Green Entrée: Shepherd's pie with mashed potato top, gravy & broccoli Dessert: Tapioca pudding	Soup: Thai Coconut Entrée: Chow mein noodle with chicken & stir fried vegetables Dessert: Rice pudding Or Sugar-free Jello (diabetic)	Salad: Coleslaw Entrée: Roast pork with gravy, mashed potatoes & beets Dessert: Jello with fruit cocktail	Salad: Mixed Green Entrée: Baked salmon with tomato basil sauce, wild rice & green beans Dessert: Baked custard	Soup: Cream of Roasted Tomato Entrée: Chicken a la King with rice & mixed vegetables Dessert: Carrot cake Or Fresh fruit (diabetic)



Meals on Wheels Menu
Starlight Casino

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 Jan 8 Feb 6 March 6 April 3 May 1 & 29 June 26 July 24 Aug 21 Sept 18 Oct 16 Nov 13 Dec 4	Soup: Thai Coconut Entrée: Szechuan pork with fried rice & stir fried vegetables Dessert: Mango Pudding Or Sugar free Jello (diabetic)	Salad: Pasta Entrée: Beef stew with roasted potatoes & broccoli Dessert: Apple pie	Soup: Cream of butternut squash Entrée: Chicken thighs with BBQ sauce, steamed rice & green beans Dessert: Fresh fruit salad	Salad: Mixed Green Entrée: Penne Pasta with Bolognese sauce, grilled zucchini & garlic bread Dessert: Mini cake OR Fresh fruit (diabetic)	Soup: Won Ton Entrée: Shrimp and BBQ Pork with fried noodles and side vegetables Dessert: Rice pudding