



Cafeteria Menu January 2009

Mon

Tue

Wed

Thu

Fri

MEALS ON WHEELS
CALL
Larisa Veprinski
(416) 225-2112 X119

1
CENTRE
CLOSED

2
CHICKEN SOUP
ROASTED CHICKEN
KASHA
VEGETABLES

5
CARROT SOUP
BEEF STEW
MASHED POTATO
VEGETABLES

6
POTATO LEEK SOUP
STUFFED CHICKEN
MILLET & SQUASH
VEGETABLES

7
CABBAGE BORSCHT
BAKED SALMON
RISOTA
VEGETABLES

8
LENTIL SOUP
CHOPPED STEAK
SPAGHETTI
VEGETABLES

9
CHICKEN SOUP
ROASTED CHICKEN
ROAST POTATO
VEGETABLES

12
TOMATO SOUP
MEATLOAF
PENNE PASTA
VEGETABLES

13
MUSHROOM BARLEY
BEEF STROGONOFF
MASHED POTATO
VEGETABLES

14
NAVY BEANS SOUP
FISH BALLS
COUSCOUS
VEGETABLES

15
BUTTERNUT SQUASH
CABBAGE ROLLS
VEGETABLES

16
CHICKEN SOUP
ROASTED CHICKEN
LOKSHEN KUGEL
VEGETABLES

19
LENTIL SOUP
MEAT BALLS
PASTA
VEGETABLES

20
CREAM OF MUSHROOM
ROAST BEEF
MASHED POTATO
VEGETABLES

21
VEGETABLE SOUP
TALAPIA FISH
MILLET & SQUASH
VEGETABLES

22
MINISTRONE
HAWAIIAN CHICKEN
RISOTA
VEGETABLES

23
CHICKEN SOUP
ROASTED CHICKEN
KASHA & BOWS
VEGETABLES

26
MUSHROOM BARLEY
FISH & CHIPS
VEGETABLES

27
SPLIT PEA SOUP
CABBAGE ROLLS
VEGETABLES

28
BUTTERNUT SQUASH
BAKED SALMON
SWEET POTATO
VEGETABLES

29
CABBAGE BORSCHT
MEATLOAF
VEGETABLES

30
CHICKEN SOUP
ROASTED CHICKEN
POTATO KUGEL
VEGETABLES

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	<u>MEALS ON WHEELS</u> <u>CALL</u> Larisa Veprinski <u>(416) 225-2112 X133</u>	<u>MEALS ON WHEELS</u> <u>CALL</u> Beverly Nemeroff <u>(416) 225-2112 X134</u>	<u>CENTRE</u> <u>CLOSED</u>	<u>CENTRE</u> <u>CLOSED</u>
SPLIT PEA SOUP VEGETABLE SOUP MINISTRONE CREAM OF MUSHROOM CHICKEN SOUP	CARROT SOUP POTATO LEEK SOUP CABBAGE BORSCHT LENTIL SOUP CHICKEN SOUP	TOMATO SOUP MUSHROOM BARLEY NAVY BEANS SOUP BUTTERNUT SQUASH CHICKEN SOUP	LENTIL SOUP CREAM OF MUSHROOM VEGETABLE SOUP MINISTRONE CHICKEN SOUP	MUSHROOM BARLEY SPLIT PEA SOUP BUTTERNUT SQUASH CABBAGE BORSCHT CHICKEN SOUP
RISE ROAST POTATO PENNE PASTA	MASHED POTATO MILLET & SQUASH LOKSHEN KUGEL RISOTA	KASHA SPAGHETTI KASHA & BOWS SPAGHETTI	POTATO KUGEL SWEET POTATO COUSCOUS	VEGETABLES
FISH & CHIPS HAWAIIAN CHICKEN MEAT BALLS FISH BALLS	BEEF STEW STUFFED CHICKEN CHOPPED STEAK BAKED SALMON	BEEF STROGONOFF CABBAGE ROLLS MEATLOAF TALAPIA FISH	MEAT BALLS ROAST BEEF STUFFED CHICKEN	FISH & CHIPS CHICKEN SCHNITZEL LASAGNA