

PRINTABLE POCOMO MEALS ON WHEELS MEAL SCHEDULE

Cost: \$5.50 each (includes delivery). Subject to change without notice

Special diets include: Diabetic, Low Cholesterol and Minced.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#1	Daily Soup SHEPHERD'S PIE Vanilla Pudding	Daily Soup VEAL CUTLETS w/ Mushroom Sauce Mashed Potatoes Vegetable Medley Rice Pudding	Daily Soup CABBAGE ROLLS Perogies Fruit Cocktail	Daily Soup BBQ CHICKEN Wedge Potato Creamed Corn Jell-O	Daily Soup BAKED TERIYAKI SALMON Rice Green Beans & Cauliflower Chocolate Pudding
#2	Daily Soup BEEF STEW Mashed Potatoes Chocolate Chip Cookie	Daily Soup LASAGNA Garlic Bread Banana Cake	Daily Soup SWEET & SOUR PORK Steamed Rice Broccoli / Carrot Fruit Cocktail	Daily Soup BAKED HAM Scalloped Potatoes Creamed Corn Peaches	Daily Soup SWISS STEAK Mashed Potatoes Ratatouille Nanaimo Bar
#3	Daily Soup SPAGHETTI / MEAT SAUCE Garlic Bread Grapes	Daily Soup TURKEY SCHNITZEL Turkey Cranberry Gravy Mashed Sweet Potatoes Brussels Sprouts & Carrots Apple Crisp	Daily Soup SALISBURY STEAK Onions, Mushrooms & Gravy Mashed Potatoes Peas & Corn Butterscotch Pudding	Daily Soup SHEPHERD'S PIE Vanilla Pudding	Daily Soup ROASTED PORK, GRAVY Roast Potatoes Seasonal Vegetables Carrot Cake
#4	Daily Soup CABBAGE ROLLS Perogies Fruit Cocktail	Daily Soup MEATLOAF / TOMATO RAGOUT Mashed Potatoes Green Beans & Carrot Chocolate Pudding	Daily Soup CHICKEN A LA KING Rice Pilaf Vegetable Medley Pineapple	Daily Soup PORK SAUSAGE WITH ONION GRAVY Mashed Potatoes Corn Jell-O	Daily Soup BAKED SALMON Lemon Cream Sauce Rice Ratatouille Chocolate Pudding
#5	Daily Soup HAM / APPLE COMPOTE Scalloped Potatoes Creamed Corn Mandarin Oranges	Daily Soup HAWAIIAN MEATBALLS Steamed Rice Broccoli / Carrot Fruit Cocktail	Daily Soup LASAGNA Garlic Bread Banana Cake	Daily Soup ROAST BEEF Gravy Mashed Potatoes Vegetable Medley Rice Pudding	Daily Soup HERB ROASTED CHICKEN Roast Potatoes Green Beans & Carrot Chocolate Pudding

NOTE: Diabetic meals have no grape or cranberry juice. Dessert is generally fruit or Jell-O.