

MENU

MEALS ON WHEELS

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BEEF DISHES

Beef Stroganoff

Tender steak simmered in beef broth with fresh mushrooms, onions, and zucchini. Served with broad egg noodles.

Liver and Onions

Roasted baby beef liver with fried onions and gravy served with mashed potatoes, turnips, carrots and green peas.

Meat Lasagna

Rich meat sauce layered with broad noodles, parmesan, mozzarella, and cheddar cheese

Meatloaf

Homemade and baked to perfection served with carrots and mashed potato.

Roast Beef Dinner

Tender slow cooked roast beef smothered in our own delicious gravy. Served with green beans and mashed potatoes.

Shepherds Pie

Seasoned ground beef with a layer of creamed corn and corn niblets, topped with our own mashed potatoes.

Steak and Mushroom Pie

Slow cooked steak, onions, celery and carrots stewed with diced potato in gravy topped with baked pie crust.

Swedish Meatballs

Egg noodles and savory meatballs tossed in our home made gravy with green peppers and onions.

Swiss Steak

Onion, turnips, carrots, tomatoes and peppers fried with our own marinated steak in red wine gravy. Served with roast potatoes.

Cabbage Rolls

Beef with rice wrapped in cabbage leaves stewed in tomato sauce with zucchini, mushrooms and carrots with rice.

Hearty Chili

Savory ground beef stewed in diced tomatoes sauce with kidney beans and select herbs and spices

POULTRY DISHES

Butter Chicken

Fresh tender chicken breast stewed with sweet potato, paprika, pepper, garlic, ginger, zucchini, mushrooms and onions, cinnamon and cilantro.

Pineapple Chicken

Tender chicken breast marinated in our very own pineapple sauce. Served with diced pineapple, green peppers, onions and rice.

Chicken Pot Pie

Fresh chicken breast, onions, celery, and carrots stewed with diced potato in chicken gravy, topped off with a home baked pie crust.

Chicken Stew

Fresh chicken breast, onions, basil, and oregano, stewed with diced potato, celery, mushrooms and carrots.

Mushroom Chicken

Grilled Bar-B-Q chicken, juicy steamed mushrooms, tomato sauce, zucchini, onions, and carrots. Served with rice pilaf.

Souvlaki Chicken

Lemon garlic herb marinated chicken breast. Served on a bed of rice with green pepper, onion and tomato.

Turkey Dinner

Roasted turkey smothered in gravy and served with mashed and broccoli.

Alfredo Chicken

Tender roasted chicken breast sautéed in our own alfredo sauce. Served with seashell pasta

Lemon Dill Chicken

fresh diced chicken breast, garlic, onions, basil, oregano, dill and lemon juice stewed with diced tomatoes, celery, mushrooms, carrots and rice

BBQ Chicken

Slow roasted chicken with BBQ sauce, onions, celery, mushrooms, and carrots. Served with rice pilaf.

SOUPS

Beef Barley

Marinated steak stewed with onions, peppers, carrot and celery with beef stock, oregano, parsley and basil.

Broccoli

A delicious homestyle soup featuring a blend of broccoli and vegetables

Chicken Noodle

Homestyle broth soup with diced chicken, vegetables and pasta.

Country Vegetable

A chunky selection of garden vegetables in a seasoned broth.

Cream of Cauliflower

Cream-based soup featuring delicious cauliflower

Cream of Mushroom

Thick and creamy with a bold mushroom flavour

Turkey Rice

a blended mix of turkey and rice in a soup broth

Split Pea and Ham

A rich, traditional favourite featuring a blend of peas and ham

Tomato Soup

Thick and creamy with a bold tomato flavour

Potato & Leek

A blended mix of potatoes, leeks and cream

BEEF DISHES

Beef Stew

Tender cubes of steak seared and then simmered in our tasty gravy with potato, carrots, celery, onions and herbs.

Spaghetti

Rich meat sauce served on a bed of spaghetti noodles and parmesan cheese.

FISH DISHES

Salmon fusion

Salmon filet chunks tossed with corn, beans, celery, and onions flavoured with lemon and basil pesto. Served with rice

Dill Haddock

Grilled haddock, onions, zucchini and mushrooms. Served with rice pilaf

PORK DISHES

Maple Ham

Maple glazed ham and pineapple served with scalloped potatoes and carrots.

Time Saver Breakfast

Two scrambled eggs, smoked bacon, and our seasoned home style potatoes

Pork Tenderloin

Medallions of pork with onions, carrots and celery in au jus, with potatoes.

Pulled Pork

Slow roasted and pulled pork with BBQ sauce, diced tomatoes, onions, zucchini, carrots and mushrooms. Served with rice pilaf.

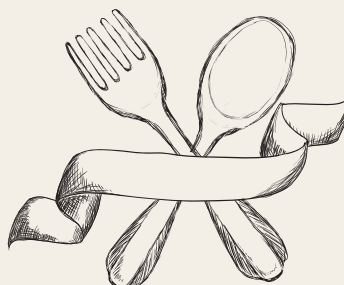
CHEESE &
VEGETARIAN

Mac & Cheese

Classics comfort food with a blend of noodles, three cheeses, and crisp bread crumbs

Vegan Chilli

Stewed mixed beans and corn seasoned with chili and spices, green peppers, onions, edamame and celery.



DESSERTS

Strawberry Shortcake

Cherry Tart

Chocolate Brownie

Butter Tart

Cherry Cheesecake

Chocolate Fudge Cake

Orange Layer Cake

Date Squares

Lemon Layer Cake

Ginger Molasses Cookies

Oatmeal Cookies

For more information or to place on order

Call us at (613)-258-3203

or

Email Lisa at lisa.caldwell@seniorscs.ca