



VEINER CENTRE

Price: \$8.50 per meal

Meals on Wheels Menu January 2020

Delivered Daily: 10:00am-12:00pm

(403) 525-8885
mow@medicinehat.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			STAT HOLIDAY CLOSED ***** HAPPY NEW YEAR	2 Heart Smart Recipe BAKED COD & PARSLEY SAUCE	3 Heart Smart Recipe ROAST CHICKEN	4
5	6 CHICKEN PARMESAN & TOMATO SAUCE	7 Heart Smart Recipe HAM STEAK HAWAIIAN STYLE	8 TURKEY SCHNITZEL & MUSHROOM GRAVY	9 PORK CUTLET & PEPPER SAUCE	10 ROAST BEEF & YORKSHIRE PUDDING	11
12	13 Heart Smart Recipe PORK CHOP & MUSHROOM SAUCE	14 SPAGHETTI MEATBALLS & GARLIC TOAST	15 CHICKEN CASSEROLE & BISCUITS	16 VEAL CUTLETS & ONION GRAVY	17 Heart Smart Recipe BAKED SALMON & HOLLANDAISE SAUCE	18
19	20 STEAK & MUSHROOM PIE	21 CHICKEN KIEV	22 HAMBURGER CHASSEUR	23 SWEET & SOUR PORK & FRIED RICE	24 FRIED CHICKEN & BISCUITS	25
26	27 CHILLI & RICE With GARLIC TOAST	28 Heart Smart Recipe GRILLED CHICKEN & ZIGEUNER SAUCE	29 FISH & CHIPS With COLESLAW	30 LASAGNE & GARLIC TOAST	31 FARMER SAUSAGE PEROGIES & SAUERKRAUT	