

VEINER CENTRE

Meals on Wheels

September 2020








Delivered daily 10am – 12pm

\$8.50 per meal

403 525 8885

mow@medicinehat.ca

 Heart Smart Recipe

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		 Ham Steak Hawaiian	Chicken Cacciatori	 Baked Cod & Parsley Sauce	Roast Chicken	
6	7	8	9	10	11	12
	STAT Holiday	Spaghetti & Meatballs Garlic Toast	Turkey Schnitzel & Mushroom Sauce	Pork Cutlet & Pepper Sauce	Roast Beef & Yorkshire Pudding	
13	14	15	16	17	18	19
	 Pork Chop & Mushroom Sauce	Chicken Parmesan & Tomato Sauce	Fish & Chips With Coleslaw	Lasagna & Garlic Toast	 Baked Salmon & Hollandaise Sauce	
20	21	22	23	24	25	26
	Fried Chicken & Biscuits	Chili & Rice Garlic Toast	Veal Cutlet & Onion Gravy	 Chicken/Pork Souvlaki	Farmer Sausage Sauerkraut & Perogies	
27	28	29	30			
	Hamburger Chasseur	Steak & Mushroom Pie	Sweet & Sour Pork Fried Rice			

Better Together