

VEINER CENTRE

Meals on Wheels

October 2020







Delivered daily 10am – 12pm

\$8.50 per meal

403 525 8885

 Heart Smart Recipe

mow@medicinehat.ca

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

Better Together