Oakville MEALS ON WHEELS

3 Week Rotating Menu – Hot Meal Program
Effective October 2026

Week 1	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Stuffed Chicken Supreme with Feta and Spinach	Vegetables & Potatoes	Brownie
Tuesday	Soup or Salad	Fish and Chips	Coleslaw	Seasonal Fruit
Wednesday	Soup or Salad	Vegetarian Chili with Meat Alternative	Pita Bread	Banana Loaf (contains nuts)
Thursday	Soup or Salad	Chicken Souvlaki	Vegetables and Rice	Cookies
Friday	Soup or Salad	Italian Meatballs with Tomato Sauce	Vegetables and Rice	Chef's Choice

Week 2	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Sliced Turkey	Vegetables & Mashed Potatoes	Pudding
Tuesday	Soup or Salad	Beef Stew with Egg Noodles	Vegetables and Bread Roll	Chef's Choice
Wednesday	Soup or Salad	Pork Schnitzel with Gravy	Vegetables & Potatoes	Brownie
Thursday	Soup or Salad	Chicken with Asparagus and Mozzarella Cheese	Vegetables & Rice	Seasonal Fruit
Friday	Soup or Salad	Meat Lasagna	Vegetables & Bread Roll	Banana Loaf (contains nuts)

Week 3	Appetizer	Entrée	Sides	Dessert
Monday	Soup or Salad	Baked Ham with Pineapple Glaze	Vegetables & Potatoes	Seasonal Fruit
Tuesday	Soup or Salad	Chicken Alfredo Pasta	Vegetables	Chef's Choice
Wednesday	Soup or Salad	Stuffed Pepper with Meat and Rice	Potatoes	Rice Pudding
Thursday	Soup or Salad	Baked Quiche with Spinach and Cheese	Shredded Potatoes	Banana Loaf (contains nuts)
Friday	Soup or Salad	Chicken Schnitzel	Vegetables & Potatoes	Lemon Tart