



Monthly Menu Planner

Meals on Wheels

For the month of:

APRIL **2021**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 VEGETABLE SOUP CHICKEN LOAF MATZA KUGEL VEGETABLES	2 - CENTRE CLOSED CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES
5 POTATO LEEK SOUP CHICKEN PATTY MILLET & SQUASH VEGETABLES	6 PEA SOUP MEAT BALLS PASTA VEGETABLES	7 BUTTERNUT SQUASH BAKED SALMON RICE VEGETABLES	8 MINISTRONE TUNA PATTY ROAST POTATO VEGETABLES	9 CHICKEN SOUP ROASTED CHICKEN KASHA & BOWS VEGETABLES
12 CREAM OF MUSHROOM CHILI MEAT SAUCE PASTA VEGETABLES	13 LENTIL SOUP HAWAIIAN CHICKEN RICE VEGETABLES	14 PARSNIP SOUP BAKED COD MASHED SWEET POTATO VEGETABLES	15 CABBAGE BORSCHT CHOPPED STEAK PENNE PASTA VEGETABLES	16 CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES
19 CAULIFLOWER SOUP CHICKEN BALLS POLENTA VEGETABLES	20 BUTTERNUT SQUASH MEAT ROLLS POTATO KUGEL VEGETABLES	21 TOMATO SOUP TALAPIA FISH COUSCOUS VEGETABLES	22 MINISTRONE SOUP SHEPPARDS PIE MASHED POTATO VEGETABLES	23 CHICKEN SOUP ROASTED CHICKEN LOKSHEN KUGEL VEGETABLES
26 MUSHROOM BARLEY CABBAGE MEAT STEW COUSCOUS VEGETABLES	27 MIXED BEAN SOUP CHICKEN STEW RICE VEGETABLES	28 CREAM OF VEGETABLES BAKED SALMON ROAST POTATO VEGETABLES	29 PEA SOUP CHICKENLOAF MILLET & SQUASH VEGETABLES	30 CHICKEN SOUP ROASTED CHICKEN MASHED POTATO VEGETABLES

INQUIRIES: Contact Alla at allak@betelcentre.org or 416-225-2112 ext. 134