



# Monthly Menu Planner

## MOW

For the month of:  
**MAY 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>LENTIL SOUP CHICKENLOAF MASHED POTATO VEGETABLES</p>	<p>4</p> <p>POTATO LEEK SOUP CABBAGE MEAT SAUCE COUSCOUS VEGETABLES</p>	<p>5</p> <p>VEGETABLE SOUP BAKED SALMON RICE VEGETABLES</p>	<p>6</p> <p>TOMATO SOUP MEAT BALLS TRICOLOR FUSILLI VEGETABLES</p>	<p>7</p> <p>CHICKEN SOUP ROASTED CHICKEN KASHA &amp; BOWS VEGETABLES</p>
<p>10</p> <p>MINISTRONE TUNA PATTIES ROAST POTATO VEGETABLES</p>	<p>11</p> <p>MIXED BEAN SOUP CHICKEN PATTY MILLET &amp; SQUASH VEGETABLES</p>	<p>12</p> <p>BUTTERNUT SQUASH BAKED COD RICE VEGETABLES</p>	<p>13</p> <p>GREEN PEA SOUP MEATLOAF PASTA VEGETABLES</p>	<p>14</p> <p>CHICKEN SOUP ROASTED CHICKEN POTATO KUGEL VEGETABLES</p>
<p>17 -- CLOSED</p> <p>CREAM OF MUSHROOM MEAT BALLS PASTA VEGETABLES</p>	<p>18 -- CLOSED</p> <p>LENTIL SOUP HAWAIIAN CHICKEN RICE VEGETABLES</p>	<p>19</p> <p>PARSNIP SOUP BAKED SALMON MASHED SWEET POTATO VEGETABLES</p>	<p>20</p> <p>CABBAGE BORSCHT CHILI MEAT SAUCE PENNE PASTA VEGETABLES</p>	<p>21</p> <p>CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES</p>
<p>24 -- CLOSED</p> <p>CAULIFLOWER SOUP CHICKEN BALLS POLENTA VEGETABLES</p>	<p>25</p> <p>MINISTRONE SOUP SHEPPARDS PIE MASHED POTATO VEGETABLES</p>	<p>26</p> <p>PEA SOUP TALAPIA FISH COUSCOUS VEGETABLES</p>	<p>27</p> <p>NAVY BEAN MEAT LOAF KASHA VEGETABLES</p>	<p>28</p> <p>CHICKEN SOUP ROASTED CHICKEN SWEET POTATO VEGETABLES</p>
<p>31</p> <p>MUSHROOM BARLEY CABBAGE MEAT STEW MASHED SWEET POTATO VEGETABLES</p>				

INQUIRIES: Contact Alla at [allak@betelcentre.org](mailto:allak@betelcentre.org) or 416-225-2112 ext 134