

Edmonton Meals on Wheels Anticipated Hot Lunch Club Menu: February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Entrée: Ham with Mustard Sauce, Carrots and Scalloped Potatoes Dessert: Lemon Chiffon Tart	2 Entrée: Sweet & Sour Pork with Mixed Vegetables and Parsley Rice Dessert: Blueberry Muffin	3 NO LUNCH CLUB
6 Entrée: Chicken a la King with Carrots and Peas Dessert: Fresh Fruit	7 Entrée: Spaghetti & Meatballs with Wax Beans and Cauliflower Dessert: Fruit Trifle	8 Entrée: Hamburger Macaroni Casserole with Carrots and Peas/Mushrooms Dessert: Pumpkin Tart	9 Entrée: Chicken Stir Fry with Mixed Vegetables and Parsley Rice Dessert: Apple Crisp	10 NO LUNCH CLUB
13 Entrée: Baked Cod with Lemon Dill Sauce, Green/Yellow Beans and Rice Pilaf Dessert: Parfait	14 Entrée: Roast Beef au Jus with Carrot/Turnip Puree and Mashed Potatoes Dessert: Fresh Fruit	15 Entrée: Meatloaf with Mushroom Gravy, Peas and Mashed Sweet Potatoes Dessert: Chocolate Chip Pear Cake	16 Entrée: Potato and Cheddar Perogies with Garlic Sausage, Sour Cream, Green Onions, Braised Cabbage and Cabbage Rolls Dessert: Butterscotch Pudding	17 NO LUNCH CLUB
20 Family Day: No lunch Club	21 Entrée: Ham with Scalloped Potatoes, Green Beans and Diced Beets Dessert: Pudding	22 Entrée: Spaghetti & Meatballs with Tomato Sauce, Mixed Vegetables and Brussels Sprouts Dessert: Canned Pineapple Tidbits	23 Entrée: Hungarian Pork Goulash with Broad Egg Noodles, Roasted Parsnips and Broccoli Dessert: Chocolate Chip Cake	24 NO LUNCH CLUB
27 Entrée: Baked Lasagna with Green Peas and Cauliflower Dessert: Jell-O	28 Entrée: Chicken with Mushroom Sauce, Mixed Vegetables and Parsley Rice Dessert: Cherry Tart	29 Entrée: Hearty Beef Pot Pie with Corn and Mashed Potatoes Dessert: Fresh Fruit	Edmonton Meals on Wheels 111111 103 AVE Edmonton, AB T5K 2P1 780-429-2020	 Regular Office Hours: Monday to Friday 8 am- 4 pm

Edmonton Meals on Wheels Anticipated Soup and Sandwich Lunch Club Menu: February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tomato & Rice Soup Corned Beef Sandwich	2 Beef Barley Soup Seafood Salad Sandwich	3 NO LUNCH CLUB
6 Fiesta Soup Pastrami Sandwich	7 Cream of Vegetable Soup Roast Turkey Sandwich	8 Beef Vegetable Soup Salmon Salad Sandwich	9 Tomato & Rice Soup Cucumber & Cream Cheese Sandwich	10 NO LUNCH CLUB
13 Green Pea Soup Egg Salad Sandwich	14 Chicken & Rice Soup Tuna Salad Sandwich	15 Cream of Tomato Soup Cheese & Tomato Sandwich	16 Mulligatawny Soup Meatloaf Sandwich	17 NO LUNCH CLUB
20 Family Day: No lunch Club	21 Tomato & Rice Soup Vegetarian Sandwich	22 Mushroom & Barley Soup Roast Turkey Sandwich	23 Corn Chowder Soup Reuben Sandwich	24 NO LUNCH CLUB
27 Navy Bean Soup Egg Salad Sandwich	28 Tomato & Tortellini Soup Cheddar Cheese & Tomato Sandwich	29 Borscht Soup Club Wrap	Edmonton Meals on Wheels 111111 103 AVE Edmonton, AB T5K 2P1 780-429-2020	 Regular Office Hours: Monday to Friday 8 am- 4 pm