

East York Meals on Wheels

2 THORNCLIFFE PARK DRIVE, UNIT 52 - TORONTO, ONTARIO M4H 1H2

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Charitable Registration Number: 12913 9366 RR0001

Sample Menu – Hot Meals

Our meals are delivered on a 28-day rotation. Here is a sample of what may be on the menu for a few days:

- Lentil soup; Roast turkey with gravy; Scalloped potatoes; Yellow beans; Lemon pudding; 2 slices whole wheat bread and margarine.
- Navy bean soup; Spaghetti with meat balls and Italian tomato sauce; Italian vegetables; Fruit cocktail; 2 whole wheat rolls and margarine.
- Beef barley soup; Salisbury steak with gravy; Mashed sweet potatoes; Broccoli; Chocolate pudding; 2 slices whole wheat bread and margarine.
- Minestrone soup; Chicken strips in Teriyaki sauce; Rice; Stir-fried mixed vegetables; Custard; 2 slices whole wheat bread and margarine

Each meal consists of a Protein, starch and a vegetable, with soup, dessert and bread or rolls. Individual tastes and special dietary requirements can be accommodated. Please call our office for more details.