

East York Meals on Wheels

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Sample Menu – Chinese 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:

- Scotch broth; Ginger pork; Jasmine rice; Steamed Chinese cabbage; Lemon pudding; 2 slices whole wheat bread and margarine.
- Split pea soup; Singapore style noodles with shrimp; Steamed Chinese cabbage; Fruit cocktail; 2 whole wheat rolls and margarine.
- Lentil soup; Chinese style fish; Jasmine rice; Bok choy with garlic; Chocolate pudding; 2 slices whole wheat bread and margarine.
- Italian wedding soup; Mongolian style pork; Jasmine rice; Bok choy with ginger; Custard; 2 slices whole wheat bread and margarine

Each meal consists of a Protein, starch and vegetables, with soup, dessert and bread or rolls. Please call our office for more details.