

MEALS ON WHEELS SPRING SUMMER MENU 2026

WEEK #1	MONDAY DAY – 1	TUESDAY – DAY 2	WEDNESDAY – DAY 3	THURSDAY – DAY 4	FRIDAY – DAY 5
SOUP	Tomato Bisque Soup	Potato & Leek Soup	Tuscan White Bean Soup	Chicken Noodle Soup	Cream of Mushroom Soup
LUNCH	Swiss Steak with Tomato Beef Gravy Mashed Potatoes Romanesco Vegetable Mix	Orange Chicken Steamed Rice Carrots	Spaghetti with Meat Sauce Garlic Bread Mixed Vegetables	Greek Chicken Thighs Greek Potatoes Carrots	Salmon Loin with Peach Sauce Mashed Potatoes Kale, Chickpea & Carrot Mix
SALAD	Garden Salad	Garden Salad	7 Grain Salad	Greek Pasta Salad	Garden Salad
DESSERT	Red Velvet Cake	Chocolate Cream Pie	Mandarin Oranges	Ricotta Cake	Fresh Blueberries

WEEK #2	MONDAY DAY 8	TUESDAY – DAY 9	WEDNESDAY – DAY 10	THURSDAY – DAY 11	FRIDAY – DAY 12
SOUP	Lentil Vegetable Soup	Cream of Chicken Soup	Three Sisters Soup	Minestrone Soup	Chicken Rice Soup
LUNCH	Pesto Chicken Mashed Potatoes Glazed Carrots	Pasta with Tomato Sauce & Cheese Garlic Bread Romanesco Vegetable Mix	Turkey Pie with gravy Mashed Potatoes Corn	Potato & Leek Frittata Roasted Potatoes Green Peas	Maple glazed Salmon Onion Mashed Potatoes Ratatouille
SALAD	Garden Salad	Coleslaw	Garden Salad	Shredded Carrot Salad	Mixed Bean Salad
DESSERT	Brownie	Lemon Meringue Pie	Fruit Salad	Strawberry & Rhubarb Pie	Fruit Dream Cake

WEEK #3	MONDAY DAY 15	TUESDAY – DAY 16	WEDNESDAY – DAY 17	THURSDAY – DAY 18	FRIDAY – DAY 19
SOUP	Cream of Asparagus Soup	Minestrone Soup	Chicken Orzo Soup	Cream of Carrot Soup	Cream of Tomato Soup
LUNCH	Fresh Bruschetta Cod Rice Pilaf Mixed Vegetables	Beef Meatballs in a Mushroom Cream Sauce Mashed Potatoes Florentine Vegetables Mix	Scotch Pie with beef gravy Colcannon Mashed Potatoes Romanesco Mixed Vegetables	Sweet and Sour Chicken Fried Rice Asian Mixed Vegetables	Mini Quiche Florentine Rosemary Roasted Potatoes Squash
SALAD	Garden Salad	Mashed Potato Salad	Cesar Salad	Apple Radish Salad	Garden Salad
DESSERT	Lemon Streusel Cake	Mango Mousse Cake	Diced Fresh Watermelon	Butter Tarts	Fruit Salad