



PoCoMo Meals on Wheels (604) 942 7506

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Daily Soup <b>CHICKEN Cordon Bleu</b> Roasted Potatoes Vegetable Medley Chocolate Pudding  Juice	Daily Soup <b>VEAL CUTLET</b> Mashed Potatoes w/ Gravy Vegetable Medley Butterscotch Pudding Juice	Daily Soup <b>PASTA &amp; MEAT SAUCE</b> Vegetable Medley Garlic Bread Canned Apricots  Juice	Daily Soup <b>BBQ CHICKEN</b> Roasted Potatoes Vegetable Medley Cookie  Juice	Daily Soup <b>HAWAIIAN MEATBALLS</b> Rice Vegetable Medley Jell-O  Juice
2	Daily Soup <b>LASAGNA</b> Vegetable Medley Garlic Bread Mandarin Oranges  Juice	Daily Soup <b>CHICKEN STEW</b> Mashed Potatoes Vegetable Medley Butterscotch Pudding Juice	Daily Soup <b>SWEET &amp; SOUR PORK</b> Rice Vegetable Medley Canned Peaches  Juice	Daily Soup <b>SHEPHERD'S PIE</b> Vegetable Medley Tropical Fruit  Juice	Daily Soup <b>BUTTER CHICKEN</b> Rice w/ Naan Bread Vegetable Medley Tropical Fruit  Juice
3	Daily Soup <b>Ground BEEF STROGANOFF</b> Vegetable Medley Garlic Bread Canned Peaches  Juice	Daily Soup <b>TURKEY SCHNITZEL</b> Mashed Potatoes w/ Gravy Vegetable Medley Carrot Cake Juice	Daily Soup <b>TERIYAKI CHICKEN</b> Rice Vegetable Medley Jell-O  Juice	Daily Soup <b>SALISBURY STEAK</b> Mashed Potatoes w/Gravy Vegetable Medley Tropical Fruit  Juice	Daily Soup <b>ROASTED PORK</b> Roasted Potatoes w/Gravy Vegetable Medley Butterscotch Pudding  Juice
4	Daily Soup <b>PASTA CHICKEN ALFREDO</b> Vegetable Medley Tropical Fruit  Juice	Daily Soup <b>MEATLOAF</b> Mashed Potatoes w/ Gravy Vegetable Medley Chocolate Pudding Juice	Daily Soup <b>CHICKEN A LA KING</b> Rice Vegetable Medley Jell-O  Juice	Daily Soup <b>PORK CHOP</b> Roasted Potatoes w/ Gravy Vegetable Medley Canned Apricots Juice	Daily Soup <b>ROAST TURKEY</b> Mashed Potatoes w/ Gravy Vegetable Medley Cookie Juice
5	Daily Soup <b>SHEPHERD'S PIE</b> Vegetable Medley Mandarin Oranges  Juice	Daily Soup <b>BAKED HAM</b> Scalloped Potatoes Vegetable Medley Butterscotch Pudding  Juice	Daily Soup <b>LASAGNA</b> Vegetable Medley Garlic Bread Tropical Fruit  Juice	Daily Soup <b>HERB ROASTED CHICKEN</b> Roasted Potatoes Vegetable Medley Carrot Cake Juice	Daily Soup <b>ROAST BEEF</b> Mashed Potatoes w/Gravy Vegetable Medley Jell-O  Juice

**\*\*\*Subject to change without notice\*\*\***