PoCoMo Meals on Wheels (604) 942 7506

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