



COMMUNITY
CONNECTION
CENTRE - OLDS

Connecting People, Building Community

MEAL EXPRESS MONTHLY MEAL ROTATION

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DINNER	HAM, SCALLOPED POTATOES, MIXED VEGETABLES	CHICKEN FETTUCINE ALFREDO WITH GARLIC TOAST	PEROGIES, CABBAGE ROLL & GARLIC SAUSAGE	CHICKEN POT PIE	TWO PIECE CHICKEN AND POTATOE WEDGE MEAL
DINNER	MEATLOAF , MASHED POTAOES CARROTS	LASAGNA WITH GARLIC TOAST	CHICKEN PARMESAN RAVIOLI WITH GARLIC TOAST	ASIAN GINGER BEEF, FRIED RICE, LO MEIN NOODLES & SPRING ROLL	GRILLED SALMON, RICE & MIXED VEGETABLES
DINNER	STUFFED TURKEY BREAST, MASHED POTATOES AND CARROTS	PULLED PORK MACARONI AND CHEESE WITH GARLIC TOAST	ASIAN LEMON CHICKEN, FRIED RICE, LO MEIN NOODLES & SPRING ROLL	ROAST BEEF, MASHED POTATOES AND CARROTS	CHEESE RAVIOLI WITH GARLIC TOAST

DESSERT IS PROVIDED WITH EACH MEAL



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