MEALS ON WHEELS

STANSTEAD VOLUNTEER CENTER

Tel.: 819-876-7748

MENUS FOR NOVEMBER 2026

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Chicken stir fry	**3** AC	Hamburger steak in cream sauce (Swedish)	**4** ST	*Stuffed pepper with rice and meat*	**5** AC	*BBQ pork chop*	**6**	*Tortelini with pink sauce*
9	Chicken croissant	**10** AC	Beef & cabbage casserole	**11** ST	*Summer chicken salad with veg-gies & noodles*	**12** AC	*Meat loaf*	**13**	*Chicken chili*
16	*Spaghettti with meat & tomato sauce*	**17** AC	Chinese plate	**18** ST	*Chicken vol-au-vent*	**19** AC	*Beef bourguignon*	**20**	*Mexican pie*
23	*Salmon pie with egg sauce*	**24** AC	Chicken with mushrooms	**25** ST	*Hamburger steak & fried onions*	**26** AC	*Chicken tournedos with mustard & salad*	**27**	*Breakfast plate: omelette, sausage, potatoes*
30	*Chicken breast in gravy*								

Cost per meal: $ 6.00.

Deliveries in Ayer's Cliff (AC): Tuesdays & Thursdays. **Deliveries in Stanstead Township (ST): Wednesdays**

Help us provide you with a good service. Preorder your meals at the beginning of the month or at the beginning of the week. If necessary you can cancel your meal without penalty.