

Meals on Wheels November 2020

48 Hours' Notice Required to Place or Cancel Meals. \$8.00 Per Meal

Meals Include Soup and Dessert

If you would like an extra protein circle "P" (\$2.50)

To order or cancel a meal please call 604-793-7242

2 Mon	Traditional Turkey Dinner Mashed Potatoes & Stuffing Mixed Vegetables	P
3 Tues	Roast Pork Loin Rice Mixed Vegetables	P
4 Wed	Country Chicken Scalloped Potatoes Mixed Vegetables	P
5 Thur	Beef Stew Biscuit	P
9 Mon	Honey Garlic Chicken Rice Mixed Vegetables	P
10 Tues	Breaded Pork Chop Roasted Potatoes Mixed Vegetables	P
Wednesday, November 11 th is a STAT HOLIDAY. Meal will be delivered FROZEN on Tuesday, November 10th.		
11 Wed	Roast Beef Dinner Mashed Potatoes & Gravy Mixed Vegetables	P
12 Thur	Spaghetti w/ Meatsauce Garlic Bread	P
16 Mon	Mushroom Chicken Rice Mixed Vegetables	P
17 Tues	Bangers & Mash Mixed Vegetables	P
18 Wed	Cabbage Rolls Mashed Potatoes & Gravy Mixed Vegetables	P
19 Thur	Fish Cakes Dill Roasted Potatoes Mixed Vegetables	P
23 Mon	Beef Pot Pie Biscuit	P

24 Tues	Mushroom Pork Chop Mashed Potatoes & Gravy Mixed Vegetables	P
25 Wed	Turkey schnitzel Scalloped Potatoes Mixed Vegetables	P
26 Thur	Lemon Herb Cod Rice Mixed Vegetables	P
30 Mon	Parmesan Chicken Herb Style Roasted Potatoes Mixed Vegetables	P

Frozen Meal Menu

All meals come with soup and dessert. See menu above for meal descriptions. \$8.00

Qty		Delivery Date	Qty		Delivery Date
	Roast Beef Dinner			Bangers & Mash	
	Salisbury Steak			Turkey Dinner	
	Honey Garlic Meatballs			Fish Cakes	
	Honey Garlic Chicken			Sweet & Sour Meatballs	
	Shepherd's Pie			Sweet & Sour Chicken	
	Cabbage Rolls			Lasagna	

Frozen Soup \$3.50 Cream or Broth	Delivery/Pickup Date:
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As the winters months have now arrived, please ensure you are prepared.

If the roads are not suitable for driving **OR** our office is closed due to inclement weather, Meals on Wheels volunteers will **NOT** be able to deliver meals.

We suggest that you keep at least 7 frozen meals in your freezer for those days that a Meals on Wheels volunteer might not be able to deliver your meal.

If meals are not able to be delivered, you will be notified by phone the evening prior or in a worst case scenario, the morning of expected delivery.

Please note all undeliverable meals will NOT be charged to our clients.

Please call the office to place your frozen order at 604-793-7242.

Frozen orders can take up to 4 business days to make and be delivered.

Please remember to keep an eye on your stock throughout the winter months and call to restock as necessary.

Thank You!