

Frozen Meal Menu

FROZEN MEALS ARE DELIVERED ON MONDAYS

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.

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

Thank You!