

## Meals on Wheels December 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***

1 Tues	Roast Pork Loin Rice Mixed Vegetables	P
2 Wed	Parmesan Chicken Scalloped Potatoes Mixed Vegetables	P
3 Thur	Turkey Pot Pie Mixed Veg	P
7 Mon	Honey Garlic Chicken Mashed Potatoe Mixed Vegetables	P
8 Tues	Breaded Pork Chop Roasted Potatoes Mixed Vegetables	P
9 Wed	Sweet & Sour Meatballs Rice Mixed Vegetables	P
10 Thur	Lasagna Garlic Bread	P
14 Mon	BBQ Chicken Rice Mixed Vegetables	P
15 Tues	Hot Beef Mashed Potatoe Mixed Vegetables	P
16 Wed	Cabbage Rolls Mashed Potatoes & Gravy Mixed Vegetables	P

17 Thur	Fish Cakes Dill Roasted Potatoes Mixed Vegetables	P
21 Mon	Shepard Pie Mixed Vegetables	P
22 Tues	Lemon Herb Cod Rice Mixed Vegetables	P
23 Wed	Ham Scalloped Potatoes Mixed Vegetables	P
24 Thur	Traditional Turkey Dinner Mashed Potatoes & Stuffing Mixed Vegetables	P
28 Mon	OFFICE IS CLOSED Meal will be delivered FROZEN on MONDAY DEC 21 SELECT A FROZEN MEAL FROM FROZEN ORDER FORM	P
29 Tues	Sweet & Sour Chicken Roasted Potatoes Mixed Vegetables	P
30 Wed	RoastBeef Dinner Mashed Potatoes Mixed Vegetables	P
31 Thur	Fish and Chips	P