

MEALS ON WHEELS MENU- AUGUST 2021

HOW TO ORDER:

1. Fill out menu and give it to the driver
2. Call 604-793-7242
3. Email order to MOW@comserv.bc.ca

To cancel a meal please call 604-793-7242 within 48 hours of order

ORDER DEADLINES:

**Frozen order: Monday before 10:00am
for following Monday delivery**

**Monthly orders: Orders must be
received Wednesday July 21**

	Circle "P" to add extra protein for \$2.50	
2 Mon	<i>STATUTORY HOLIDAY- NO DELIVERY. Fresh and frozen meals scheduled for this day will be delivered as frozen meals on July 26.</i>	
3 Tues	Chicken Caesar Salad Fresh romaine lettuce, caesar dressing, homemade croutons, asiago cheese and grilled seasoned chicken breast	P
4 Wed	Meatloaf with Gravy Mashed Potato & Mixed Vegetable	P
5 Thurs	Sweet and Sour Pork (contains gluten) Steamed Rice & Mixed Vegetables	P
9 Mon	Tuna Salad Sandwich (on multigrain bread) Tossed Salad (Tossed green salad with carrots, red cabbage, grape tomato, cucumber, ranch dressing)	P
10 Tues	Honey Garlic Meatballs Steamed Rice & Mixed Vegetables	P
11 Wed	Lemon Rosemary Roast Chicken Mashed Potato & Mixed Vegetables	P
12 Thurs	Spaghetti with Meat Sauce Caesar Salad (Fresh romaine, homemade croutons, asiago cheese, caesar dressing)	P
16 Mon	Chicken St. Moritz (Pan seared chicken breast, with ham, swiss cheese, hollandaise sauce) Rosemary Roast Potato & Mixed Vegetable	P
17 Tues	Salisbury Steak Mashed Potato & Mixed Vegetables	P
18 Wed	Broccoli Ham and Cheddar Casserole Mixed Vegetable	P
19 Thurs	Breaded Lemon Pepper Cod Steamed Nugget Potato & Mixed Vegetables	P
CONTINUED ON OTHER SIDE		

23 Mon	Hot Roast Beef Sandwich Mashed Potato & Mixed Vegetable	P
24 Tues	Turkey Bacon Club Wrap (1/2 Wrap) (Turkey, bacon, tomato, cucumber, lettuce, and ranch wrapped in a flour tortilla) Fresh Veggies and Dip (Broccoli, cauliflower, grape tomato, carrot sticks, cucumber, ranch dip)	P
25 Wed	Roast Pork Loin Mashed Potatoes & Gravy with Mixed Vegetables	P
26 Thurs	Vegetarian Quinoa Chili Tossed Salad (Mixed Greens, carrot, red cabbage, tomato, cucumber, ranch dressing)	P
30 Mon	Turkey Schnitzel Mashed Potato & Gravy with Mixed Vegetable	
31 Tues	Sweet and Sour Chicken Steamed Rice & Mixed Vegetable	

Frozen Meal Menu

Frozen Meal delivery dates for August:

Monday August 9

Monday August 16

Monday August 23

Monday August 30

All meals come with soup and dessert \$8.00

Qty		Delivery Date	Qty		Delivery Date
	Roast Beef Dinner			Bangers & Mash	
	Turkey Schnitzel			Turkey Dinner	
	Honey Garlic Meatballs			Fish Cakes	
	Honey Garlic Chicken			Sweet & Sour Meatballs	
	Meatloaf			Sweet & Sour Chicken	
	Cabbage Rolls			Spaghetti & Meat Sauce	
6 oz Frozen Soup \$3.50 Cream or Broth					

The Seniors Connect Café

Compassionate Neighborhood Health Partners Society

Are you an older adult who is interested in socializing with older adults? Do you have difficulty getting out because you do not drive? We provide transportation!

The Seniors Connect Café now meets weekly at Gwynne Vaughan Park. The coffee and tea is on us!

For more information contact Connie at CNHPS 604-798-2023

Better at Home—Chilliwack Community Services

Better at Home is a program that helps seniors 65+ with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities.

- Grocery shopping
- Yard work
- Light housekeeping
- Medical transportation

For more information contact Sarah Woelders 778-860-5499