

## MEALS ON WHEELS MENU- September 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 August 18**

		Circle "P" to add extra protein for \$2.50
1 Wed	Hearty Beef Stew Mixed Vegetables	P
2 Thurs	Roast Turkey Dinner with Stuffing Mashed Potato & Mixed Vegetable	P
6 Mon	<i>STATUTORY HOLIDAY- NO DELIVERY. Fresh and frozen meals scheduled for this day will be delivered as frozen meals on August 30.</i>	
7 Tues	Chicken Cordon Swiss Rosemary Roast Potato & Mixed Vegetable	P
8 Wed	Honey Garlic Meatball Steamed Rice & Mixed Vegetables	P
9 Thurs	BBQ Pork Boneless Pork Chop Mashed Potato & Mixed Vegetables	P
13 Mon	Liver and Onions Mashed Potato & Mixed Vegetables	P
14 Tues	Chicken a la King (Tender chicken, bell pepper, onion, mushrooms in a rich cream sauce) Buttered Egg Noodles & Mixed Vegetable	P
15 Wed	Roasted Vegetable Ragout with Steamed Red Quinoa	P
16 Thurs	Meatloaf Mashed Potatoes & Mixed Vegetable	P
20 Mon	Fish Cakes Steamed Nugget Potato & Mixed Vegetables	P
21 Tues	Roast Beef Dinner Mashed Potato & Mixed Vegetable	P
22 Wed	BBQ Chicken Oven Roast Potatoes & Mixed Vegetables	P
23 Thurs	Baked Ham Scalloped Potatoes & Mixed Vegetables	P
27 Mon	Chili Con Carne Tossed Salad (Mixed Greens, carrot, red cabbage, tomato, cucumber, ranch dressing)	P
	CONTINUED ON OTHER SIDE	

28 Tues	Turkey Schnitzel Mashed Potato & Gravy Mixed Vegetable	P
29 Wed	Sweet and Sour Meatballs Steamed Rice & Mixed Vegetable	P
30 Thurs	Pork Ragout (Tender pork, button mushrooms, onions, simmered in a rich paprika sauce) Buttered Nugget Potatoes & Mixed Vegetables	P

## Frozen Meal Menu

**Frozen Meal delivery dates for September:**

**Monday September 13**

**Monday September 20**

**Monday September 27**

**All meals come with soup and dessert \$8.00**

Qty		Delivery Date	Qty		Delivery Date
	Roast Beef Dinner			Liver and Onions	
	Meatloaf			Turkey Dinner	
	Honey Garlic Meatballs			Fish Cakes	
	Honey Garlic Chicken			Sweet & Sour Meatballs	
	Turkey Schnitzel			Chicken Cordon Swiss	
	Cabbage Rolls			Hearty Beef Stew	
6 oz Frozen Soup \$3.50 Cream or Broth					

### Connections for Seniors

- Chilliwack Senior Peer Counsellors support seniors with one-to-one peer counselling. Call 604- 793-7204.
- The Compassionate Neighbourhood Health Partners Society provides short daily check-in calls or a weekly friendly chat for those who are alone. Contact 604-798-2023 or neighbourhealth@gmail.com.
- Seniors Connect Café meets weekly on Thursdays from 10am to 11:30am at Gwynne Vaughan Park. Don't drive? Contact 604-798-2023 or neighbourhealth@gmail.com
- Chilliwack Seniors Society has online activities. Contact 604-793-9979 or director@cdrs.ca. Volunteers with the Chilliwack Community Services Better at Home program visit with seniors over the phone. Call 778-860-5499. Chat with youth weekly about life stories, hobbies and interests. Contact 604-798-2023 or neighbourhealth@gmail.com.
- A virtual Day Program for Older Adults (NETCare) is available. Referrals through the Home Health Service Line, 1-855-412-2121, or your Community Health Nurse.