

MEALS ON WHEELS MENU- November 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

For existing clients: Orders must be received Thursday Oct 14

NOVEMBER		Circle "P" to add extra protein for \$2.50
1 Mon	Baked Ham Scalloped Potatoes & Mixed Vegetables	P
2 Tues	Honey Garlic Meatball Steamed Rice & Mixed Vegetable	P
3 Wed	Beef Pot Pie Mixed Vegetables	P
4 Thurs	Roasted Root Vegetable Ragout with Steamed Red Quinoa	P
8 Mon	Macaroni and Cheese Casserole Tossed Salad (Mixed Greens, carrot, red cabbage, tomato, cucumber, ranch dressing)	P
9 Tues	Lemon Pepper Cod Steamed Nugget Potatoes & Mixed Vegetable	P
10 Wed	Beef Stroganoff with Buttered Egg Noodles Mixed Vegetables	P
11 Thurs	<i>STATUTORY HOLIDAY- NO DELIVERY</i>	P
15 Mon	Meatloaf with Gravy Mashed Potato & Mixed Vegetable	P
16 Tues	Turkey Schnitzel Mashed Potato & Mixed Vegetable	P
17 Wed	Spaghetti & Meat Sauce Tossed Salad (Mixed Greens, carrot, red cabbage, tomato, cucumber, ranch dressing)	P
18 Thurs	Swedish Meatballs Mashed Potatoes & Gravy Mixed Vegetables	P
22 Mon	Fish and Chips with Coleslaw	P
	MORE ON OTHER SIDE	

23 Tues	BBQ Chicken Oven Roast Potato & Mixed Vegetables	P
24 Wed	Shepherds Pie Mixed Vegetable	P
25 Thurs	Chicken Cordon Bleu with Rosemary Roast Potatoes Mixed Vegetable	P
29 Mon	Chili Con Carne Tossed Salad (Mixed Greens, carrot, red cabbage, tomato, cucumber, ranch dressing)	P
30 Tues	Honey Garlic Chicken Steamed Rice & Mixed Vegetables	P

Frozen Meal Menu

Frozen Meal delivery dates for November:

Monday November 1

Monday November 8

Monday November 15

Monday November 22

Monday November 29

All meals come with soup and dessert \$8.00

Qty		Delivery Date	Qty		Delivery Date
	Roast Beef Dinner			Baked Ham & Scalloped Potatoes	
	Chicken Cordon Bleu			Turkey Dinner	
	Honey Garlic Meatballs			Shepherds Pie	
	Honey Garlic Chicken			Swedish Meatballs	
	Turkey Schnitzel			Sweet & Sour Chicken	
	Meatloaf			Lemon Pepper Cod	
6 oz Frozen Soup \$3.50 Cream or Broth					

If you are receiving a paper menu but would rather receive it through email or online on the CCS website please let us know

MOW@comserv.bc.ca

Help us save costs and paper!