

MEALS ON WHEELS MENU- December 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 November 18

DECEMBER		Circle "P" to add extra protein for \$2.50
1 Wed	Creamy Mushroom Meatballs Mashed Potatoes & Gravy Mixed Vegetables	P
2 Thurs	Pasta Primavera Mixed Vegetables	P
6 Mon	Turkey Stew with Mixed Vegetables	P
7 Tues	Greek Style Chicken Lemon Roast Potato & Mixed Vegetables	P
8 Wed	Meatball Stroganoff with Buttered Egg Noodles Mixed Vegetables	P
9 Thurs	Vegetable Cashew Teriyaki Stir Fry Steamed Rice	P
13 Mon	Roast Beef with Mashed Potato & Gravy Mixed Vegetable	P
14 Tues	Turkey Schnitzel with Mashed Potato & Gravy Mixed Vegetable	P
15 Wed	Swiss Steak with Steamed Nugget Potato Mixed Vegetables	P
16 Thurs	Quiche Lorraine (Bacon, green onion, swiss cheese, eggs, baked in a pie crust) Tossed Garden Salad	P
20 Mon	Baked Ham with Maple Glaze Scalloped Potato, Mixed Vegetables	P
21 Tues	Fish and Chips with Coleslaw	P
22 Wed	Shepherds Pie Mixed Vegetable	P
23 Thurs	Roast Turkey Dinner with Herb Stuffing Mashed Potatoes & Gravy Mixed Vegetables	P
	More on other side	

27 Mon	Hearty Beef Stew Mixed Vegetables	P
28 Tues	Macaroni and Cheese Casserole Garden Salad (lettuce, tomato, cucumber, carrot, red cabbage, Italian Dressing)	P
29 Wed	Chicken St. Moritz (Pan seared chicken breast, with ham, swiss cheese, hollandaise sauce) Rosemary Roast Potato & Mixed Vegetable	P
30 Thurs	Meatloaf with Gravy Mashed Potato & Mixed Vegetable	P

Frozen Meal Menu

Frozen Meal delivery dates for December:

Monday December 6

Monday December 13

Monday December 20

Monday December 27

All meals come with soup and dessert \$8.00

Qty		Delivery Date	Qty		Delivery Date
	Roast Beef Dinner			Hearty Beef Stew	
	Chicken Cordon Bleu			Turkey Dinner	
	Honey Garlic Meatballs			Shepherds Pie	
	Honey Garlic Chicken			Turkey Stew	
	Sweet and Sour Pork			Salisbury Steak	
	Sweet & Sour Chicken			Macaroni & Cheese Casserole	
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!