

Chilliwack Community Services, Meals on Wheels Request for Proposal

Chilliwack Community Services has provided the Meals on Wheels program to the community of Chilliwack for the past 10 years. Meals on Wheels volunteers provide delivery of fresh or frozen nutritious meals to individuals who, because of age, illness or disability, cannot prepare adequate meals for themselves. Individuals remain in the comfort and familiarity of their home, avoiding the stress of moving to a facility.

We are currently looking for a new, full service, food supplier to provide delicious and nutritious meals to our clientele. The Meals on Wheels coordinator will be the main, program contact, and will be available to the chosen food provider to liaise with and provide information and program support.

What is required:

- The proponent will have the capacity to supply Meals on Wheels with approximately 1200-1300 meals a month.
- The proponent will have the capacity to supply meals from Monday-Thursday. There are no deliveries, and therefore no meals required, on statutory holidays.
- The proponent will have a working knowledge of the Canadian Health Guide and will follow that guide in planning and preparing the meals. The meals shall have a balance of animal protein and vegetable protein and will include choice of soup or salad. Meals will be prepared in ‘home-style’ cooking and standardized recipes.
- The proponent will provide modified options as required, including low fat and low sodium.
- The proponent should provide a fixed, monthly menu of fresh meals, in which up to two meal options per day are provided.
- The proponent will provide 8-10 frozen menu meal options, which rotate on a monthly basis.
- The proponent will schedule to meals to be ready for pickup by volunteers at 11am, Monday-Thursday.
- The proponent and their staff will be up to date with Food Safe Certification and insurances.
- The proponent will have access to a food safe certified, commercial kitchen.
- The proponent will be responsible for all packaging and packaging materials.

In your proposal, please include:

- A brief introduction and overview of your establishment or business.
- Your budget. Chilliwack Community Services is open to reviewing bids with varying price points. Please include your price point, per meal, in your proposal.
- A sample menu that reflects the menu you would utilize for program requirements.
- Food safe certification and business insurance, and business license.
- Two professional references.


Please send proposals and any questions to MOW@comserv.bc.ca by 5:00 pm May 31, 2022

SAMPLE MENU

Meals on Wheels -May 2022

<p>How to order: Circle either A or B option (sandwiches served on multigrain bread unless otherwise stated) Circle either Soup or Salad (dressing not included) Circle "P" to add extra protein for extra \$3.00 Circle dessert choice to add for extra \$1.50</p>	 <p>Chilliwack Community Services SHARE • GROW • BELONG</p>	<p>Call to place order 604-793-7242, email order to mow@comserv.bc.ca or give order sheet to driver Place your order by April 15</p>
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	OPTION A	OPTION B		Add Protein
2 Mon	Honey Garlic Meatball Served with steamed nugget potato & mixed vegetables	Sandwich of the week BLT Wrap- bacon, lettuce, cheddar cheese, mayo wrapped in a flour tortilla	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
3 Tues	BBQ Boneless Pork Chop Tender boneless pork chop, basted with smoky BBQ sauce served with mashed potato, gravy & mixed vegetables	Sandwich of the week BLT Wrap- bacon, lettuce, cheddar cheese, mayo wrapped in a flour tortilla	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
4 Wed	Stuffed Pepper Pepper stuffed with rice, sweet corn, black beans, bell pepper, tomatoes, cheddar cheese served with mixed vegetables	Sandwich of the week BLT Wrap- bacon, lettuce, cheddar cheese, mayo wrapped in a flour tortilla	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
5 Thurs	Spinach, Mushroom Strata Baked casserole with eggs, mushrooms, spinach, caramelized onion, Swiss cheese served with tossed salad	Sandwich of the week BLT Wrap- bacon, lettuce, cheddar cheese, mayo wrapped in a flour tortilla	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
9 Mon	Vegetarian Lasagna Marinara sauce, spinach, mushroom, zucchini, celery, carrots, and onion layered with lasagna noodles, mozzarella, & asiago cheese. Served with tossed salad	Sandwich of the week Egg Salad Sandwich – boiled eggs, green onion, celery, mayonnaise served on multigrain bread	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
10 Tues	Roasted Chicken Served with oven roasted potato and mixed vegetables	Sandwich of the week Egg Salad Sandwich – boiled eggs, green onion, celery, mayonnaise served on multigrain bread	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
11 Wed	Broccoli, Mushroom & Rice Casserole Broccoli, mushroom, brown rice & cheddar cheese casserole served with mixed vegetables	Sandwich of the week Egg Salad Sandwich – boiled eggs, green onion, celery, mayonnaise served on multigrain bread	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
12 Thur	Fish and Chips Battered Blue Cod filet served with chips & coleslaw	Sandwich of the week Egg Salad Sandwich – boiled eggs, green onion, celery, mayonnaise served on multigrain bread	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
16 Mon	Quinoa Almond Berry Salad Steamed quinoa, fresh blueberries, fresh strawberries, sliced almonds, maple balsamic dressing	Sandwich of the week Cranberry Turkey Sandwich- oven roasted turkey with lettuce, & cranberry mayo	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	
17 Tues	Greek Style Chicken Tender chicken marinated in lemon & Greek seasonings served on steamed brown rice with mixed vegetables	Sandwich of the week Cranberry Turkey Sandwich- oven roasted turkey with lettuce, & cranberry mayo	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
18 Wed	Sweet Potato & Chickpea Coconut Curry Sweet potato, chickpeas, spinach in a light coconut curry sauce served on steamed quinoa with mixed vegetables	Sandwich of the week Cranberry Turkey Sandwich- oven roasted turkey with lettuce, & cranberry mayo	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
19 Thurs	Salisbury Steak Served with mushroom gravy on mashed potatoes served with mixed vegetables	Sandwich of the week Cranberry Turkey Sandwich- oven roasted turkey with lettuce, & cranberry mayo	Soup Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P

23 Mon	VICTORIA DAY No food delivery today				
24 Tues	Sweet and Sour Pork Tender pork bites cooked in sweet and sour sauce served on steamed rice with mixed vegetables	Sandwich of the week Garden Vegetable Chickpea Sandwich -chickpeas, green onion, carrot, sunflower seeds, red bell pepper, Dijon, & mayo	Soup	Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
25 Wed	Quiche Lorraine Bacon, Swiss cheese, green onion, egg baked in a golden pie crust served with a tossed salad	Sandwich of the week Garden Vegetable Chickpea Sandwich -chickpeas, green onion, carrot, sunflower seeds, red bell pepper, Dijon, & mayo	Soup	Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
26 Thurs	Mushroom Meatballs Served with mashed potatoes and mixed vegetables	Sandwich of the week Garden Vegetable Chickpea Sandwich -chickpeas, green onion, carrot, sunflower seeds, red bell pepper, Dijon, & mayo	Soup	Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P

30 Mon	Country Chicken Panko breaded chicken served with mashed potatoes, gravy and mixed vegetables	Sandwich of the week Ham and Cucumber Sandwich - Ham, cucumber, creamcheese & lettuce on mutligrain bread	Soup	Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P
31 Tues	Cabbage Rolls Beef, rice and spices wrapped in cabbage cooked in tomato sauce. Served with nugget potatoes and mixed vegetable	Sandwich of the week Ham and Cucumber Sandwich - Ham, cucumber, creamcheese & lettuce on mutligrain bread	Soup	Tossed Salad Add Dessert: fruit cup, mini cupcake, date square, GF brownie	P

FROZEN MEALS (frozen meals served with soup)

NEW!! Deliveries are now Mon-Thurs. Please mark date you would like delivered

Quantity	Meals	Delivery Date	Quantity	Meals	Delivery Date
	Honey Garlic Meatballs			Salisbury Steak	
	Stuffed Peppers			Sweet & Sour Pork	
	Roast Chicken			Quiche Lorraine	
	Broccoli, Mushroom & Rice Casserole			Sweet Potato & Chickpea Curry	