

Meals on Wheels July 2022 Menu

Weekly Featured Dessert: Apple Crisp Weekly Featured Salad: Bean Salad					FROZEN DELIVERED THURS JULY 7 * indicate number to order *circle type of soup			
Week 1	Main Entrée- <i>circle to order</i>	MONDAY July 4	TUESDAY July 5	WEDNESDAY July 6	THURSDAY July 7			
		Salisbury Steak with mashed potatoes, gravy & peas	Ham & Pineapple with scalloped potatoes and beans	Roast Chicken, mashed potatoes and mixed vegetables	Herbed Salmon, rice pilaf and fall medley vegetables	Spaghetti & Meatsauce		Shepherds Pie
	Extras (for additional charge. See pricelist)	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	Vegetarian Lasagna		Chicken Al La King
						Sweet & Sour Pork		Chicken Pot Pie
						Swedish Meatballs		Creamy Mac & Cheese
						_____ Frozen Soup - Beef Barley, Vegetable, Split Pea & Ham, Chicken Noodle, Cream of Tomato		

NEW FOR JULY 2022

As of July the Meals on Wheel meals will be supplied by Elite Foods and the cost for meals will increase to \$8.50 and will include soup.

There are a few new options to add to your meals. Please see the pricelist for costs and descriptions.

Please note that frozen meals will now be delivered ONLY ON THURSDAYS.

Weekly Featured Dessert: Rice Pudding Weekly Featured Salad: Coleslaw					FROZEN DELIVERED THURS JULY 14 * indicate number to order *circle type of soup			
Week 2	Main Entrée- <i>circle to order</i>	MONDAY July 11	TUESDAY July 12	WEDNESDAY July 13	THURSDAY July 14			
		Pork Sausages, mashed potatoes & peas	Vegetarian Quiche with tossed salad	Roast Beef, mashed potatoes, gravy & fall medley vegetables	Chicken Cordon Bleu with mashed potatoes, gravy and carrots	Spaghetti & Meatsauce		Shepherds Pie
	Extras (for additional charge. See pricelist)	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	_____ Dessert _____ Muffin (Bran or Blueberry) <i>circle</i> _____ Breakfast Sandwich _____ Salad	Vegetarian Lasagna		Chicken Al La King
						Sweet & Sour Pork		Chicken Pot Pie
						Swedish Meatballs		Creamy Mac & Cheese
						_____ Frozen Soup - Beef Barley, Vegetable, Split Pea & Ham, Chicken Noodle, Cream of Tomato		

How to place order:

- Give completed order to driver before deadline
- Email order to MOW@comserv.bc.ca
- Call 604-793-7242
- Menus are also available online www.comserv.bc.ca/mealsonwheels

Meals are delivered Mon-Thurs between 11am-1pm. Excluding Statutory holidays

Frozen order deadline Thurs noon the week before delivery

To cancel an order, we need 2 business days for fresh and frozen meals the Thursday noon before delivery.

Weekly Featured Dessert: Carrot Cake Weekly Featured Salad: Cucumber Tomato Salad					FROZEN DELIVERED THURS JULY 21 * indicate number to order *circle type of soup				
Week 3	Main Entrée- <i>circle to order</i>	MONDAY July 18 Braised Pork Steak, parsley potatoes and vegetable medley	TUESDAY July 19 Homestyle Meatloaf, mashed potatoes, gravy and peas	WEDNESDAY July 20 Vegetarian Lasagna with garlic bun	THURSDAY July 21 Oven baked chicken, mashed potatoes, gravy, fall medley vegetables	<input type="checkbox"/>	Spaghetti & Meatsauce	<input type="checkbox"/>	Shepherds Pie
	Extras (for additional charge)	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	<input type="checkbox"/>	Vegetarian Lasagna	<input type="checkbox"/>
						<input type="checkbox"/>	Sweet & Sour Pork	<input type="checkbox"/>	Chicken Pot Pie
						<input type="checkbox"/>	Swedish Meatballs	<input type="checkbox"/>	Creamy Mac & Cheese
						____ Frozen Soup- Beef Barley, Vegetable, Split Pea & Ham, Chicken Noodle, Cream of Tomato			

Choosing your meal:

1. Indicate the number of those meals you would like to order
2. Circle your choice of side
3. Add extras for addition charge by indicating how many you would like to order
4. Indicate number of frozen meals ordered each week delivered on **THURSDAY** of that week

Place your July order before JUNE 21 to avoid delivery disruption

***Vegetables may be substituted if unavailable**

Weekly Featured Dessert: Fudge Brownie Weekly Featured Salad: Pasta Salad					FROZEN DELIVERED THURS JULY 28 * indicate number to order *circle type of soup				
Week 4	Main Entrée- <i>circle to order</i>	MONDAY July 25 Liver & Onions, mashed potatoes, gravy & carrots	TUESDAY July 26 BBQ Chicken thighs, rice pilaf & peas	WEDNESDAY July 27 Pork Cutlet, mashed potatoes, gravy & mixed vegetables	THURSDAY July 28 Oven Baked Cod, rice pilaf & bean medley	<input type="checkbox"/>	Spaghetti & Meatsauce	<input type="checkbox"/>	Shepherds Pie
	Extras (for additional charge)	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	____ Dessert ____ Muffin (Bran or Blueberry) <i>circle</i> ____ Breakfast Sandwich ____ Salad	<input type="checkbox"/>	Vegetarian Lasagna	<input type="checkbox"/>
						<input type="checkbox"/>	Sweet & Sour Pork	<input type="checkbox"/>	Chicken Pot Pie
						<input type="checkbox"/>	Swedish Meatballs	<input type="checkbox"/>	Creamy Mac & Cheese
						____ Frozen Soup- Beef Barley, Vegetable, Split Pea & Ham, Chicken Noodle, Cream of Tomato			

Price List:

\$8.50 Entrée, rice/potatoes & veggies, includes choice of soup or salad

\$8.50 Frozen Entrée 14 oz meal with soup

\$5 Frozen Soup (16oz)

\$4 Breakfast Sandwich- Bacon, egg, cheese on English Muffin

\$4.50 Dessert – weekly special

\$3 Jumbo Muffin- Bran or Blueberry

\$3.50 Salad (8 oz)- Weekly special