

Meals on Wheels August 2022 Menu

PRICES:

- \$8.50 Entrée**, rice/potatoes & veggies, includes soup
- \$8.50 Frozen Entrée** 14 oz meal includes soup
- \$5 Frozen Soup** (16oz)
- \$4 Breaky 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


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 AUGUST order before JULY 18 to avoid delivery disruption

How to place order:

- Give completed order to driver before deadline
 - Email order to MOW@comserv.bc.ca, 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 the week before delivery.

WEEK 1	Mon Aug 1	Tues Aug 2	Wed Aug 3	Thurs Aug 4
Entrée served with soup	Happy BC DAY No Delivery Today	Lemon Herb Baked Sole, rice pilaf & peas	Fruit Salad, Cottage Cheese & Muffin Plate	Meatloaf, mashed potatoes, gravy & bean medley
Sides for an additional charge.		<input type="checkbox"/> Cookie Plate <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad	<input type="checkbox"/> Cookie Plate <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad	<input type="checkbox"/> Cookie Plate <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad

Frozen Delivered Thursday, Aug 4

<input type="checkbox"/>	Cabbage Rolls	<input type="checkbox"/>	Sweet & Sour Pork	<input type="checkbox"/>	Vegetarian Stirfry	<input type="checkbox"/>	Beef Stroganoff
<input type="checkbox"/>	Teriyaki Bowl	<input type="checkbox"/>	Chicken & broccoli	<input type="checkbox"/>	Chili Con Carne	<input type="checkbox"/>	Macaroni, beef & tomato casserole
Frozen Soup 16 oz \$5							
<input type="checkbox"/>	Beef Barley	<input type="checkbox"/>	Chicken Noodle	<input type="checkbox"/>	Split Pea & Ham	<input type="checkbox"/>	Vegetable
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Cream of Tomato

WEEK 2	Mon Aug 8	Tues Aug 9	Wed Aug 10	Thurs Aug 11
Entrée served with soup	Herb Baked Cod with Rice Pilaf & peas	Beef Sausages, mashed potatoes & gravy with fall medley vegetables	Chef Salad Plate: ham, turkey, boiled egg, cheese & tossed salad	Braised Pork Steak with parsley potatoes and carrots
Sides for an additional charge	<input type="checkbox"/> Rice Pudding <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Broccoli Salad	<input type="checkbox"/> Rice Pudding <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Broccoli Salad	<input type="checkbox"/> Rice Pudding <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Broccoli Salad	<input type="checkbox"/> Rice Pudding <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Broccoli Salad

Frozen Delivered Thursday, Aug 11

<input type="checkbox"/>	Cabbage Rolls	<input type="checkbox"/>	Sweet & Sour Pork	<input type="checkbox"/>	Vegetarian Stirfry	<input type="checkbox"/>	Beef Stroganoff
<input type="checkbox"/>	Teriyaki Bowl	<input type="checkbox"/>	Chicken & broccoli	<input type="checkbox"/>	Chili Con Carne	<input type="checkbox"/>	Macaroni, beef & tomato casserole
Frozen Soup 16 oz \$5							
<input type="checkbox"/>	Beef Barley	<input type="checkbox"/>	Chicken Noodle	<input type="checkbox"/>	Split Pea & Ham	<input type="checkbox"/>	Vegetable
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Cream of Tomato

WEEK 3	Mon Aug 15	Tues Aug 16	Wed Aug 17	Thurs Aug 18
Entrée served with soup	Oven-baked chicken breast, mashed potatoes, gravy & peas	Salisbury Steak, mashed potatoes, gravy & bean medley	Cold Meat Plate: cold meats, cheese, potato salad, & bun	Baked Ham & Pineapple with scalloped potatoes & carrots
Sides for an additional charge	__ Country Orange Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Quinoa Salad	__ Country Orange Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Quinoa Salad	__ Country Orange Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Quinoa Salad	__ Country Orange Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Quinoa Salad

Frozen Delivered Thursday, Aug 18

Cabbage Rolls	Sweet & Sour Pork	Vegetarian Stirfry	Beef Stroganoff
Teriyaki Bowl	Chicken & broccoli	Chili Con Carne	Macaroni, beef & tomato casserole

Frozen Soup 16 oz \$5

Beef Barley	Chicken Noodle	Split Pea & Ham	Vegetable	Cream of Tomato
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WEEK 4	Mon Aug 22	Tues Aug 23	Wed Aug 24	Thurs Aug 25
Entrée served with soup	Baked Salmon with rice pilaf & peas	Roast beef, mashed potatoes, gravy & fall medley vegetables	Cold Chicken, Potato Salad Plate	Pork Cutlet, mashed potatoes, gravy & mixed vegetables
Sides for an additional charge	__ Apple Crisp __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Coleslaw Salad	__ Apple Crisp __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Coleslaw Salad	__ Apple Crisp __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Coleslaw Salad	__ Apple Crisp __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Coleslaw Salad

Frozen Delivered Thursday, Aug 25

Cabbage Rolls	Sweet & Sour Pork	Vegetarian Stirfry	Beef Stroganoff
Teriyaki Bowl	Chicken & broccoli	Chili Con Carne	Macaroni, beef & tomato casserole

Frozen Soup 16 oz \$5

Beef Barley	Chicken Noodle	Split Pea & Ham	Vegetable	Cream of Tomato
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WEEK 5	Mon Aug 29	Tues Aug 30	Wed Aug 31	Thurs Sept 1
Entrée served with soup	Chicken Cordon Bleu, mashed potatoes & carrots	Tuna Salad Plate Tuna salad on lettuce served with vegetables & bun	Pork Sausage, mashed potatoes, gravy & mixed veg	Meatloaf, mashed potatoes, gravy & bean medley
Sides for an additional charge	__ Carrot Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Bean Salad	__ Carrot Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Bean Salad	__ Carrot Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Bean Salad	__ Carrot Cake __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Bean Salad

Frozen Delivered Thursday, Sept 1

Cabbage Rolls	Sweet & Sour Pork	Vegetarian Stirfry	Beef Stroganoff
Teriyaki Bowl	Chicken & broccoli	Chili Con Carne	Macaroni, beef & tomato casserole

Frozen Soup 16 oz \$5

Beef Barley	Chicken Noodle	Split Pea & Ham	Vegetable	Cream of Tomato
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