

Meals on Wheels September 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 September order before AUGUST 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 29	Tues Aug 30	Wed Aug 31	Thurs Sept 1
Entrée served with soup				Meatloaf, mashed potatoes, gravy & bean medley
Sides for an additional charge.				__ 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 Casserole	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 2	Mon Sept 5	Tues Sept 6	Wed Sept 7	Thurs Sept 8
Entrée served with soup	Labour Day STAT No delivery today	Lemon Herb Sole with Rice Pilaf & Bean Medley	Butternut Squash Ravioli with Garlic Bun	Meatloaf, mashed potatoes, gravy & Fall Medley veggies
Sides for an additional charge		__ Chocolate Brownie __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Potato Salad	__ Chocolate Brownie __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Potato Salad	__ Chocolate Brownie __ Bran Muffin __ Blueberry Muffin __ Breaky Sandwich __ Potato Salad

Frozen Delivered Thursday, Sept 8

Cabbage Rolls	Pork Cutlet Dinner	Salisbury Steak Dinner	Liver & Onions Dinner
Beef Stew	Chicken & Broccoli Casserole	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 3	Mon Sept 12	Tues Sept 13	Wed Sept 14	Thurs Sept 15
Entrée served with soup	Roast chicken, mashed potatoes, gravy & carrots	Fruit Salad, Cottage Cheese & Muffin Plate	Roast Beef, mashed potatoes, gravy & mixed veggies	Lemon Dill Baked Cod, rice pilaf with peas
Sides for an additional charge	<input type="checkbox"/> Apple Crisp <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Bean Salad	<input type="checkbox"/> Apple Crisp <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Bean Salad	<input type="checkbox"/> Apple Crisp <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Bean Salad	<input type="checkbox"/> Apple Crisp <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Bean Salad

Frozen Delivered Thursday, Sept 15

<input type="checkbox"/> Cabbage Rolls	<input type="checkbox"/> Pork Cutlet Dinner	<input type="checkbox"/> Salisbury Steak Dinner	<input type="checkbox"/> Liver & Onions Dinner
<input type="checkbox"/> Beef Stew	<input type="checkbox"/> Chicken & Broccoli Casserole	<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"/> Cream of Tomato
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WEEK 4	Mon Sept 19	Tues Sept 20	Wed Sept 21	Thurs Sept 22
Entrée served with soup	Perogies & Farmer Sausage with mixed veggies	Salisbury Steak, mashed potatoes, gravy & mixed veggies	Herb Salmon, rice pilaf & peas	Turkey Culet, mashed potatoes, gravy & carrots
Sides for an additional charge	<input type="checkbox"/> Butter Tart <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad	<input type="checkbox"/> Butter Tart <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad	<input type="checkbox"/> Butter Tart <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad	<input type="checkbox"/> Butter Tart <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Pasta Salad

Frozen Delivered Thursday, Sept 22

<input type="checkbox"/> Cabbage Rolls	<input type="checkbox"/> Pork Cutlet Dinner	<input type="checkbox"/> Salisbury Steak Dinner	<input type="checkbox"/> Liver & Onions Dinner
<input type="checkbox"/> Beef Stew	<input type="checkbox"/> Chicken & Broccoli Casserole	<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"/> Cream of Tomato
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WEEK 5	Mon Sept 26	Tues Sept 27	Wed Sept 28	Thurs Sept 29
Entrée served with soup	Chicken Parmesan, oven-fried potatoes with bean medley	Oven-Baked Chicken Breast, mashed potatoes, gravy & fall medley veggies	Lemon Herb Sole, rice pilaf & carrots	Braised Pork Steak, steamed potatoes & peas
Sides for an additional charge	<input type="checkbox"/> Carrot Cake <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Coleslaw Salad	<input type="checkbox"/> Carrot Cake <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Coleslaw Salad	<input type="checkbox"/> Carrot Cake <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Coleslaw Salad	<input type="checkbox"/> Carrot Cake <input type="checkbox"/> Bran Muffin <input type="checkbox"/> Blueberry Muffin <input type="checkbox"/> Breaky Sandwich <input type="checkbox"/> Coleslaw Salad

Frozen Delivered Thursday, Sept 29

<input type="checkbox"/> Cabbage Rolls	<input type="checkbox"/> Pork Cutlet Dinner	<input type="checkbox"/> Salisbury Steak Dinner	<input type="checkbox"/> Liver & Onions Dinner
<input type="checkbox"/> Beef Stew	<input type="checkbox"/> Chicken & Broccoli Casserole	<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"/> Cream of Tomato
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