



# Meals on Wheels January 2024

Return complete order to driver before  
**December 15** to avoid delivery disruption.  
**Or call 604-793-7242 to place order over the phone**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

**NEW THIS MONTH-** Now offering two meal choices. Choose one, choose both, it is up to you!

Date	Meal OPTION A \$8.50	Meal OPTION B \$8.50	Sides # to order	\$ each item	Sides
Monday January 1	Happy New Year- MOW Closed, No Delivery Today				
Tuesday January 2	Roast Chicken, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Egg Salad Sandwich on brown, coleslaw & pickle. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tomato & Cucumber
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake
Wed. January 3	BBQ Pork Drummie, rice pilaf & vegetables. Served with soup of the day  Number to order _____	3 Cheese Tortellini with garlic bread. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tomato & Cucumber
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake
Thursday January 4	Chicken Cordon Bleu, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Salmon Salad on brown bread, pasta salad & vegetable slices. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tomato & Cucumber
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake
Monday January 8	Home Style Meatloaf, mac & cheese with vegetables. Served with soup of the day  Number to order _____	Scrambled eggs, home fries with baked beans. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Bean
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Peaches
Tuesday January 9	Chicken Parmesan with mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Ham & Cheese Sandwich on white, pickled beets & veg sticks. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Bean
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Peaches
Wed. January 10	Lemon Dill Cod, rice pilaf & vegetables. Served with soup of the day  Number to order _____	Cheese perogies, roast potatoes & sauerkraut. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Bean
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Peaches
Thursday January 11	Hot Roast Beef Sandwich, home fries & vegetables. Served with soup of the day  Number to order _____	Chicken Salad Croissant, potato salad & tomato slices. Served with soup of the day.  Number to order _____		\$3.50	Featured Salad- Bean
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Peaches
Monday January 15	Veal Cutlet, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Spinach Frittata, potato tots & vegetables. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Coleslaw
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Vanilla Pudding
Tuesday January 16	Baked Ham, scalloped potatoes & vegetables. Served with soup of the day  Number to order _____	Grilled Cheese Sandwich, home fries & pickle. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Coleslaw
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Vanilla Pudding
Wed. January 17	Chicken Teriyaki, rice pilaf & vegetables. Served with soup of the day  Number to order _____	Fruit Salad with cheddar cheese & cranberry muffin. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Coleslaw
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Vanilla Pudding

Thursday January 18	Turkey Schnitzel, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Cream cheese, tomato & cucumber croissant sandwich, coleslaw, vegetable slices. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Coleslaw
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Vanilla Pudding
Monday January 22	Salisbury Steak, potato tots & vegetables. Served with soup of the day  Number to order _____	Spaghetti with tomato sauce & garlic bun. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tossed
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Lemon Tarts
Tuesday January 23	BBQ Chicken, home fries & vegetables. Served with soup of the day  Number to order _____	Pizza Sub (pepperoni, salami, ham & mozza) with potato salad & vegetable slices. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tossed
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Lemon Tarts
Wed. January 24	Sweet & Sour Pork Fried Rice with egg roll. Served with soup of the day  Number to order _____	Cheese Omelette, home fries & mini pancakes. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tossed
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Lemon Tarts
Thursday January 25	Sole Amandine, rice pilaf & vegetables. Served with soup of the day  Number to order _____	Hot Turkey Sandwich, potato tots, & vegetables. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tossed
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Lemon Tarts
Monday January 29	Pork Cutlet, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Chicken Tenders with fries & vegetables. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Pasta
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Blueberry Tarts
Tuesday January 30	Pepper Steak, rice pilaf & vegetables. Served with soup of the day  Number to order _____	Teriyaki Vegetable Rice Bowl. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Pasta
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Blueberry Tarts
Wed. January 31	Shepherds Pie with bun. Served with soup of the day  Number to order _____	Ham & Cheese on Kaiser Bun, potato chips & fruit cup. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Pasta
				\$3.00	Featured Muffin- Apple Cinnamon
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Blueberry Tarts

Frozen Meals Order Form	Delivery Thurs Jan 4	Delivery Thurs Jan 11	Delivery Thurs Jan 18	Delivery Thurs Jan 25
<i>Meal example-- add number to order</i>	1		2	1
Casserole: Chili				
Casserole: Creamy Mac & Cheese				
Casserole: Chicken and Broccoli				
Chicken Stuffed with broccoli served with mashed potatoes, gravy & beans				
Beef Sausage with mashed potatoes, gravy & vegetables				
Ham & Cheese Quiche, potato tots & vegetables				
Tropical Chicken ( Chicken breast in pineapple sauce) with rice & vegetables				
HomeStyle Meatloaf with mac & cheese				
Beef Barley Soup 16 oz \$5.00				
Tomato Soup 16 oz \$5.00				
Chicken Noodle Soup 16 oz \$5.00				
Split Pea Soup 16 oz \$5.00				
Meals \$8.50 each. Served with soup of the day				