



# Meals on Wheels February 2024

Return complete order to driver before  
**January 18** to avoid delivery disruption.  
**Or call 604-793-7242 to place order over the phone**

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

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
Thursday February 1	Hawaiian Meatballs with rice pilaf & vegetables. Served with soup of the day  Number to order _____	Tuna Salad Sandwich on white, potato salad & pickle. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Tossed Greens
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Lemon Tarts
Monday February 5	Chicken Teriyaki, home fries & 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- Pasta
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Orange Tapioca
Tuesday February 6	Chicken Cordon Bleu with mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Cheese Perogies, sauerkraut & vegetables. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Pasta
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Orange Tapioca
Wed. February 7	Veal Cutlet, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Bangers & Mash with vegetables. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Pasta
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Orange Tapioca
Thursday February 8	Beef Stew with biscuit. Served with soup of the day  Number to order _____	Fruit Salad with cheddar cheese & muffin. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Pasta
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Orange Tapioca
Monday February 12	Beef Sausages, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Breaded Lemon Herb Sole, rice pilaf & vegetables. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Cucumber & Tomato
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake
Tuesday February 13	Roast Chicken, mashed potatoes, gravy & vegetables. Served with soup of the day  Number to order _____	Vegetarian Chili with cornmeal muffin. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Cucumber & Tomato
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake
Wed. February 14	Baked Ham & scalloped potatoes & vegetables. Served with soup of the day  Number to order _____	Scrambled eggs, potato tots with baked beans. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Cucumber & Tomato
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake
Thursday February 15	Honey garlic chicken, rice pilaf & vegetables. Served with soup of the day  Number to order _____	Vegetable Stew with bun. Served with soup of the day  Number to order _____		\$3.50	Featured Salad- Cucumber & Tomato
				\$3.00	Featured Muffin- Pineapple
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Bacon Breakfast Sandwich
				\$4.50	Featured Dessert- Carrot Cake

Monday February 19	<b>STATUTORY HOLIDAY TODAY- NO DELIVERIES</b> <b>Order frozen for Thursday February 15th delivery to cover today's meals</b>				
Tuesday February 20	Braised Pork Steak, parsley potates & vegetables. Served with soup of the day  <b>Number to order_____</b>	Vegetable Chow Mein , rice & vegeatbles. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Bean
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Apple Crisp
Wed. February 21	Salisbury Steak, mashed potatoes, gravy & vegetables. Served with soup of the day  <b>Number to order_____</b>	Egg Salad on Kaiser Bun with pickled beets. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Bean
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Apple Crisp
Thursday February 22	Pork Cutlet, mashed potatoes, gravy & vegetables. Served with soup of the day  <b>Number to order_____</b>	Vegetable Frittata, potato tots & vegetables. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Bean
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Apple Crisp
Monday February 26	Chicken Stuffed with Broccoli, mashed potatoes, gravy & vegetables. Served with soup of the day <b>Number to order_____</b>	Oven Baked Cod, rice pilaf & vegetables. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Coleslaw
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Butterscotch Pudding
Tuesday February 27	Chicken Tenders with fries. Served with soup of the day  <b>Number to order_____</b>	Ham & Cheese on croissant with potato salad. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Coleslaw
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Butterscotch Pudding
Wed. February 28	Hot Beef Sandwich, home fries, & vegetables. Served with soup of the day  <b>Number to order_____</b>	Black Bean Enchilada with vegetables. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Coleslaw
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Butterscotch Pudding
Thursday February 29	Roast Beef with mashed potatoes, gravy & vegetables. Served with soup of the day  <b>Number to order_____</b>	Cheese and vegetable Quesadilla with rice pilaf, & vegetables. Served with soup of the day  <b>Number to order_____</b>		<b>\$3.50</b>	Featured Salad- Coleslaw
				<b>\$3.00</b>	Featured Muffin- Pineapple
				<b>\$4.00</b>	Sausage Breakfast Sandwich
				<b>\$4.00</b>	Bacon Breakfast Sandwich
				<b>\$4.50</b>	Featured Dessert- Butterscotch Pudding

Alterations/Substitutions are no longer available for frozen meals.  
 Meals will be served as advertised.

Frozen Meals Order Form	Delivery Thurs Feb 1	Delivery Thurs Feb 8	Delivery Thurs Feb 15	Delivery Thurs Feb 22	Delivery Thurs Feb 29
<i>Meal example-- add number to order</i>	<b>1</b>	<b>0</b>	<b>2</b>	<b>1</b>	<b>0</b>
Spaghetti & Meatsauce					
Chicken Chow Mein					
Sweet & Sour Pork over Rice					
Chicken Cordon Bleu served with mashed potatoes, gravy & beans					
Pork Cutlet with mashed potatoes, gravy & vegetables					
Cheese Omelette, potato tots & mini pancakes					
Tourtiere Meat Pie with mashed potates, gravy and vegetables					
Liver & Onions with mashed potates, gravy & vegetables					
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					
<b>Meals \$8.50 each. Served with soup of the day</b>					