

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
14/4141E	1 11011L

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

Monday February 19	STATUTORY HOLIDAY TODAY- NO DELIVERIES Order frozen for Thursday February 15th delivery to cover today's meals								
	Braised Pork Steak, parsley	Vegetable Chow Mein , rice &	\$3.50	Featured Salad- Bean					
Tuesday	potates & vegetables. Served	vegeatbles. Served with soup of	\$3.00	Featured Muffin- Pineapple					
•	with soup of the day	the day	\$4.00	Sausage Breakfast Sandwich					
February 20	, , , , , , , , , , , , , , , , , , , ,	,	\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Apple Crisp					
	Salisbury Steak, mashed	Egg Salad on Kaiser Bun with	\$3.50	Featured Salad- Bean					
Wed.	potatoes, gravy & vegetables.	pickled beets. Served with soup of	\$3.00	Featured Muffin- Pineapple					
February 21	Served with soup of the day	the day	\$4.00	Sausage Breakfast Sandwich					
	. ,	,	\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Apple Crisp					
	Pork Cutlet, mashed potatoes,	Vegetable Frittata, potato tots &	\$3.50	Featured Salad- Bean					
Thursday	gravy & vegetables. Served with	vegetables. Served with soup of	\$3.00	Featured Muffin- Pineapple					
February 22	soup of the day	the day	\$4.00	Sausage Breakfast Sandwich					
	,	,	\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Apple Crisp					
	Chicken Stuffed with Broccoli,	Oven Baked Cod, rice pilaf &	\$3.50	Featured Salad- Coleslaw					
Monday	mashed potatoes, gravy &	vegetables. Served with soup of	\$3.00	Featured Muffin- Pineapple					
February 26	vegetables. Served with soup of	the day	\$4.00	Sausage Breakfast Sandwich					
,	the dav	,	\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Butterscotch Pudding					
	Chicken Tenders with fries.	Ham & Cheese on croissant with	\$3.50	Featured Salad- Coleslaw					
Tuesday	Served with soup of the day	potato salad. Served with soup of	\$3.00	Featured Muffin- Pineapple					
February 27		the day	\$4.00	Sausage Breakfast Sandwich					
, , , , , , , , , , , , , , , , , , , ,			\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Butterscotch Pudding					
	Hot Beef Sandwich, home fries,	Black Bean Enchilada with	\$3.50	Featured Salad- Coleslaw					
Wed.	& vegetables. Served with soup	vegetables. Served with soup of	\$3.00	Featured Muffin- Pineapple					
February 28	of the day	the day	\$4.00	Sausage Breakfast Sandwich					
Columny 20	,	,	\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Butterscotch Pudding					
	Roast Beef with mashed	Cheese and vegetable Quesadilla	\$3.50						
Thursday	potatoes, gravy & vegetables.	with rice pilaf, & vegetables.	\$3.00						
February 29	Served with soup of the day	Served with soup of the day	\$4.00	Sausage Breakfast Sandwich					
Columny 25			\$4.00	Bacon Breakfast Sandwich					
	Number to order	Number to order	\$4.50	Featured Dessert- Butterscotch Pudding					

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

	Delivery Thurs	Delivery Thurs	Delivery Thurs	Delivery Thurs	Delivery Thurs
Frozen Meals Order Form	Feb 1	Feb 8	Feb 15	Feb 22	Feb 29
Meal example add number to order	1	0	2	1	0
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					
Meals \$8.50 a	each. Served w	ith soup of th	e dav		