

Chilliwack Community Services

Meals on Wheels DECEMBER 2024



Place order before November 15th to avoid delivery disruption

How to place order: Return completed sheet to driver, call or text 604-316-4047, email MOW@comserv.bc.ca
or online www.comserv.bc.ca/meals-on-wheels/

NAME _____ PHONE _____

Please do not include soup with my meals *check if you would not like any soup.

Date	Meal OPTION A \$9.25	Meal OPTION B \$9.25	# to order	\$ each	Sides (Need to be ordered with meal or sandwich)
Monday December 2	Braised Pork Steak/Parsley Potatoes/Vegetables Number to order _____	Vegetarian Lasagna/ Garlic Bun & Salad Number to order _____		\$3.50	Garden Salad
				\$3.00	Orange Cranberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Carrot Cake
Tuesday December 3	Roasted Chicken Dinner/Mashed Potatoes & Gravy /Vegetables Number to order _____	Lentil & Mushroom Stew on Brown Rice Number to order _____		\$3.50	Garden Salad
				\$3.00	Orange Cranberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Carrot Cake
Wednesday December 4	Shepherds Pie with Garden Salad Number to order _____	Mushroom & Mozzarella Ravioli with Marinara Sauce with Garden Salad Number to order _____		\$3.50	Garden Salad
				\$3.00	Orange Cranberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Carrot Cake
Thursday December 5	Chinese BBQ Pork/Jasmine Rice/Vegetables Number to order _____	Spaghetti & Meat sauce/ Garlic Bun with Garden Salad Number to order _____		\$3.50	Garden Salad
				\$3.00	Orange Cranberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Carrot Cake
Monday December 9	Chicken & Broccoli Casserole with coleslaw Number to order _____	Fish and Chips with coleslaw Number to order _____		\$3.50	Coleslaw Salad
				\$3.00	Blueberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Assorted Bars
Tuesday December 10	Ham Steak & Pineapple/ Scalloped Potatoes/ Vegetables Number to order _____	Ground Beef Stroganoff on Broad Noodles & Vegetables Number to order _____		\$3.50	Coleslaw Salad
				\$3.00	Blueberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Assorted Bars
Wednesday December 11	Chicken Stuffed with Broccoli/ Rice Pilaf/ Vegetables Number to order _____	Chili Con Carne & Cornbread Number to order _____		\$3.50	Coleslaw Salad
				\$3.00	Blueberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Assorted Bars
Thursday December 12	Salisbury Steak/Mac & Cheese/Vegetables Number to order _____	Tofu Scramble/ Brown Rice/ Vegetables Number to order _____		\$3.50	Coleslaw Salad
				\$3.00	Blueberry Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Assorted Bars
Monday December 16	Greek Chicken & Potato Bowl with Greek Salad Number to order _____	Gnocchi with Roasted Vegetables Number to order _____		\$3.50	Quinoa Salad
				\$3.00	Lemon Poppyseed Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Pumpkin Tarts
Tuesday December 17	Beef Dip Sandwich/ Home Fries/ Vegetables Number to order _____	Broccoli & Cheese Frittata with Garden Salad Number to order _____		\$3.50	Quinoa Salad
				\$3.00	Lemon Poppyseed Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon Raisin Oatmeal
				\$4.50	Dessert- Pumpkin Tarts

Wednesday December 18	Swiss Steak/ Mashed Potatoes & Gravy/ Vegetables Number to order _____	Salmon Quiche/ Brown Rice/ Vegetables Number to order _____	\$3.50	Quinoa Salad
			\$3.00	Lemon Poppyseed Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon Raisin Oatmeal
			\$4.50	Dessert- Pumpkin Tarts
Thursday December 19	Smoked Turkey on Cornbread Stuffing with Gravy/ Sweet Potatoes/ Vegetables Number to order _____	Macaroni Beef & Tomato Casserole/ Cornbread Number to order _____	\$3.50	Quinoa Salad
			\$3.00	Lemon Poppyseed Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon Raisin Oatmeal
			\$4.50	Dessert- Pumpkin Tarts
	Meals and Wheels will be closed for the week of Dec 23-26. Please order frozen meals to be delivered Thursday December 19 to cover for this week and January 1. We recommend having a few extra meals in the freezer in case of interruptions because of inclement weather during the winter.			
	Monday December 30	Sweet & Sour Pork/ Fried Rice/ Egg rolls Number to order _____	Fruit Salad & Cheese Plate with Lemon Muffin Number to order _____	\$3.50
\$3.00				Double Chocolate Muffin
\$4.00				Sausage Breakfast Sandwich
\$4.00				Creamy Cinnamon Raisin Oatmeal
\$4.50				Dessert- Chocolate Brownie
Tuesday December 31	BBQ Chicken/ Potato Tots/ Vegetables Number to order _____	Mushroom & Mozzarella Ravioli with Marinara Sauce with Garden Salad Number to order _____	\$3.50	Caesar Salad
			\$3.00	Double Chocolate Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon Raisin Oatmeal
			\$4.50	Dessert- Chocolate Brownie
Wednesday January 1	<div style="display: flex; align-items: center; justify-content: center;"> <div style="text-align: center;">  </div> <div style="margin-left: 20px;"> <p style="text-align: center;">We will be closed today. Please order frozen meals to be delivered Thursday December 19 to cover today</p> </div> </div>			

Frozen Meals Order	Delivery Thurs Dec 5	Delivery Thurs Dec 12	Delivery Thurs Dec 19
<i>Meal example-- add number to order</i>	1	0	2
Baked Ham & Pineapple, Scalloped Potatoes/ Vegetables			
Turkey Cutlet/ Mashed Potatoes/ Gravy & Vegetables			
Salisbury Steak/ Mashed Potatoes/ Vegetables			
Turkey Potato & gravy bowl			
Spaghetti & Meat Sauce			
Herbed Salmon/ Rice Pilaf/ Vegetables			
Tourtiere Meat Pie (French Canadian Meat Pie with mashed potatoes & peas)			
Western Omelette/ Potato Tots & Mini Pancakes			
Mushroom & Mozzarella Ravioli with Marinara Sauce			
Tofu Scramble over Brown Rice with vegetables			
Beef Barley Soup 16 oz \$5.00			
Split Pea Soup 16 oz \$5.00			
Tomato Soup 16 oz \$5.00			