


Chilliwack Community Services Meals on Wheels January 2025

Place order before December 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)
Wednesday January 1	 <p>We will be closed today. Please order frozen meals to be delivered Thursday December 19 to cover today</p>				
Thursday January 2	Chicken Parmesan/ Mashed Potatoes/ Gravy & Vegetables Number to order _____	Roast Beef & Cheddar Sandwich, Potato Chips & Pickled Beets Number to order _____		\$3.50	Caesar Salad
				\$3.00	Blueberry Bran Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Chocolate Brownie
Monday January 6	Chicken Picatta (Chicken breast in lemon/butter sauce) Herbed Potatoes/ Vegetables Number to order _____	Teriyaki Glazed Salmon, Rice Pilaf & Vegetables Number to order _____		\$3.50	Potato Salad
				\$3.00	Banana Bran Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Rice Pudding
Tuesday January 7	Perogies & Farmer Sausage with Baked Beans Number to order _____	Turkey Gravy Bowl (Mashed Potatoes, Vegetables & Turkey topped with gravy) Number to order _____		\$3.50	Potato Salad
				\$3.00	Banana Bran Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Rice Pudding
Wednesday January 8	BBQ Pork Drummie/ Rice Pilaf/ Vegetables Number to order _____	Broccoli Frittata (Baked Eggs, broccoli, onions, tomatoes & cheddar), potato tots & vegetables Number to order _____		\$3.50	Potato Salad
				\$3.00	Banana Bran Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Rice Pudding
Thursday January 9	Liver & Onions/ Mashed Potatoes/ Vegetables Number to order _____	Tuna Salad Plate with Raw vegetables/ Deviled Egg & Crackers Number to order _____		\$3.50	Potato Salad
				\$3.00	Banana Bran Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Rice Pudding
Monday January 13	Chicken Cacciatore/ Buttered Noodles/ Vegetables Number to order _____	Scrambled Eggs/ Potato Tots/ Baked Beans Number to order _____		\$3.50	Marinated Vegetable Salad
				\$3.00	Apple Spice Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Peaches
Tuesday January 14	Roast Beef Dinner/ Mashed Potatoes/ Gravy/ Vegetables Number to order _____	Greek Chicken & Potato Bowl (Roasted lemon garlic chicken & potatoes tossed with tomatoes, onions, olives & feta with greek dressing) Number to order _____		\$3.50	Marinated Vegetable Salad
				\$3.00	Apple Spice Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Peaches
Wednesday January 15	Braised Pork Steak/ Parsley Potatoes/ Vegetables Number to order _____	Hearty Beef & Vegetable Stew with Bun Number to order _____		\$3.50	Marinated Vegetable Salad
				\$3.00	Apple Spice Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Peaches
Thursday January 16	Veggie Fajita bake with taco chips and salsa. (Roasted peppers, onions, zucchini, carrots with corn tortillas and cheese) Number to order _____	Ham & Cheese Croissant/ Home Fries/ Baked Beans Number to order _____		\$3.50	Marinated Vegetable Salad
				\$3.00	Apple Spice Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Peaches
Monday January 20	Butter Chicken/ Jasmine Rice/ Vegetables Number to order _____	Cod Fish Cakes with a Lemon Dill Hollandaise Sauce/ Rice Pilaf/ Vegetables Number to order _____		\$3.50	Cucumber & Tomato Salad
				\$3.00	Banana Nut Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Cranberry Lemon Cake
Tuesday January 21	Honey Garlic Beef Meatballs/ Buttered Noodles/ Vegetables Number to order _____	BBQ Tofu Rice Bowl (Baked BBQ Tofu, Brown Rice, Steamed Vegetables with a Miso Dressing) Number to order _____		\$3.50	Cucumber & Tomato Salad
				\$3.00	Banana Nut Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Cranberry Lemon Cake
Wednesday January 22	Apple Glazed Pork Chop/ Home Fries/ Vegetables Number to order _____	Vegetable Spaghetti with Marinara sauce (Spaghetti with broccoli, carrots, mushrooms & peppers topped with marinara sauce) & garlic bun Number to order _____		\$3.50	Cucumber & Tomato Salad
				\$3.00	Banana Nut Muffin
				\$4.00	Sausage Breakfast Sandwich
				\$4.00	Creamy Cinnamon & Raisin Oatmeal
				\$4.50	Dessert- Cranberry Lemon Cake

Thursday January 23	Vegetable Loaf/ Brown Rice/ Vegetables Number to order _____	Fruit Salad & Cheese Plate with Apple Spice Muffin Number to order _____	\$3.50	Cucumber & Tomato Salad
			\$3.00	Banana Nut Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon & Raisin Oatmeal
			\$4.50	Dessert- Cranberry Lemon Cake
Monday January 27	BBQ Chicken/ Potato Tots/ Vegetables Number to order _____	French Toast Sticks/ Home Fries/ Strawberries Number to order _____	\$3.50	Pickled Beet Salad
			\$3.00	Raisin Bran Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon & Raisin Oatmeal
			\$4.50	Dessert- Apple Crisp
Tuesday January 28	Liver & Onions/Mashed Potatoes/Vegetables Number to order _____	Chicken & Broccoli Casserole (noodles, chicken & broccoli in a creamy white sauce) with bun Number to order _____	\$3.50	Pickled Beet Salad
			\$3.00	Raisin Bran Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon & Raisin Oatmeal
			\$4.50	Dessert- Apple Crisp
Wednesday January 29	Sweet & Sour Pork/ Fried Rice/ Egg rolls Number to order _____	Spinach & Cheese Lasagna/ Garlic Bun Number to order _____	\$3.50	Pickled Beet Salad
			\$3.00	Raisin Bran Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon & Raisin Oatmeal
			\$4.50	Dessert- Apple Crisp
Thursday January 30	Baked Ham/ Scalloped Potatoes/ Vegetables Number to order _____	Cheeseburger & Fries with pickles Number to order _____	\$3.50	Pickled Beet Salad
			\$3.00	Raisin Bran Muffin
			\$4.00	Sausage Breakfast Sandwich
			\$4.00	Creamy Cinnamon & Raisin Oatmeal
			\$4.50	Dessert- Apple Crisp

Frozen Meals Order	Delivery	Delivery Thurs	Delivery Thurs	Delivery Thurs	Delivery Thurs
	Thurs Jan. 2	Jan. 9	Jan. 16	Jan. 23	Jan. 30
<i>Meal example-- add number to order</i>	<i>1</i>	<i>0</i>	<i>2</i>	<i>1</i>	<i>2</i>
Liver & Onions/Mashed Potatoes/Vegetables					
Chicken Cacciatore/ Buttered Noodles/ Vegetables					
Butter Chicken/ Jasmine Rice/ Vegetables					
Roast Beef Dinner/ Mashed Potatoes/ Gravy/ Vegetables					
Scrambled Eggs/ Potato Tots/ Baked Beans					
Lemon Dill Cod/Rice Pilaf/Vegetables					
Three Cheese Tortellini & Vegetable Bake					
Cheese Perogies/ Vegetables					
BBQ Tofu Rice Bowl					
Creamy Mac and Cheese					
Chicken Noodle Soup 16 oz \$5.00					
Split Pea Soup 16 oz \$5.00					
Tomato Soup 16 oz \$5.00					