

NAME: \_\_\_\_\_

Meals on Wheels September 2025



REGISTERED CLIENTS- Place order before Aug 15th to avoid delivery disruption.

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



**\*\*Items may be substituted with a similar item**

☐ NO SOUP with my meals

**Soup is now only included if listed in meal description.  
Other sides vary by meal as described.**

Date	Meal OPTION A \$9.25	Meal OPTION B \$9.25	# to order	\$	Sides (Need to be ordered with meal or sandwich)
Monday SEPT 1	<b><u>HAPPY LABOUR DAY - Sorry no delivery today for Meals on Wheels</u></b>				
Tuesday SEPT 2	Tortiere Pie, mashed potatoes & vegetables. Served with soup of the day  Number to order_____	Salmon Salad Sandwich on brown, dill pickle & Carrot, Apple, Celery Salad  Number to order_____		\$3.50	Carrot, apple & celery salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Orange Scone
				\$4.50	Lemon Loaf
Wednesday SEPT 3	Chicken Quesadilla with side of salsa. Served with soup of the day  Number to order_____	Chefs Salad Plate (Ham, turkey, hard boiled egg, lettuce, tomato, cucumber, cheddar cheese) Served with a garlic bun  Number to order_____		\$3.50	Carrot, apple & celery salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Orange Scone
				\$4.50	Lemon Loaf
Thursday SEPT 4	Orange Ginger Basa fish, brown rice & vegetables . Served with soup of the day  Number to order_____	Taco Chicken Bowl with taco chips and salsa  Number to order_____		\$3.50	Carrot, apple & celery salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Orange Scone
				\$4.50	Lemon Loaf
Monday SEPT 8	Roasted Pepper, Bacon & Mushroom Quiche. Served with soup of the day  Number to order_____	Butternut Squash Ravioli with tomato sauce & roasted vegetables. Served with soup of the day  Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Bread Pudding
Tuesday SEPT 9	Cheese Burger Pie (ground beef, egg, onions, & cheese baked with biscuit mix) with soup of the day  Number to order_____	Grilled Ham & Cheese Sandwich. Served with soup of the day  Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Bread Pudding
Wednesday SEPT 10	Pulled Pork Bun with baked beans & soup of the day  Number to order_____	Hot Turkey Sandwich, Tater Tots & Pickle. With soup of the day  Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Bread Pudding
Thursday SEPT 11	Sweet & Sour Pork with Chow mein & Stir fry with soup of the day  Number to order_____	Salmon Quiche with soup of the day  Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Bread Pudding
Monday SEPT 15	Chicken & Vegetable Stew with dumplings. Served with soup of the day  Number to order_____	Mushroom Stroganoff on egg noodles with vegetables. Served with soup of the day  Number to order_____		\$3.50	Greek Salad
				\$3.00	Oat & Apple Crumble Top Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Triple Citrus Scone
				\$4.50	Oatmeal Raisin Cookie
Tuesday SEPT 16	Eggplant Parmesean (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order_____	Chicken Wrap (Sliced Chicken Breast, greens, tomatoes and ranch dressing) with Oatmeal Raisin Cookie  Number to order_____		\$3.50	Greek Salad
				\$3.00	Oat & Apple Crumble Top Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Triple Citrus Scone
				\$4.50	Oatmeal Raisin Cookie

Wednesday SEPT 17	Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order_____	Pesto Chicken on Zoodles (zucchini nodles). Served with soup of the day  Number to order_____		\$3.50	Greek Salad
				\$3.00	Oat & Apple Crumble Top Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Triple Citrus Scone
				\$4.50	Oatmeal Raisin Cookie
Thursday SEPT 18	Mushroom, Broccoli & Cheese Frittata with soup of the day  Number to order_____	Ham & Cheese Wrap (Ham, cheese, lettuce, mayo) with Greek Salad  Number to order_____		\$3.50	Greek Salad
				\$3.00	Oat & Apple Crumble Top Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Triple Citrus Scone
				\$4.50	Oatmeal Raisin Cookie
Monday SEPT 22	Shrimp Fettuccine Alfredo & Garlic toast. Served with soup of the day  Number to order_____	Black Bean, Tomato, Corn & Cheese Quesadilla served with soup of the day  Number to order_____		\$3.50	Garden Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Pineapple Upside Down Cake
Tuesday SEPT 23	Gumbo Stew (with chicken sausage) on rice. Served with soup of the day  Number to order_____	Butter Chicken on rice & vegetables. Served with soup of the day  Number to order_____		\$3.50	Garden Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Pineapple Upside Down Cake
Wednesday SEPT 24	Salisbury Steak, Potatoes, Gravy & Vegetables. With soup of the day  Number to order_____	Roasted Vegetable Quiche. Served with soup of the day  Number to order_____		\$3.50	Garden Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Pineapple Upside Down Cake
Thursday SEPT 25	BBQ Chicken thighs, Potato tots & Vegetables. Served with soup of the day  Number to order_____	Salmon Cakes with Rice & Vegetables. With soup of the day  Number to order_____		\$3.50	Garden Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Pineapple Upside Down Cake
Monday SEPT 29	Chicken Cacciatore on rice (Chicken simmered in tomato sauce and vegetables). Served with soup of the day  Number to order_____	Fish & Chips. Served with soup of the day  Number to order_____		\$3.50	Potato Salad
				\$3.00	Apple Cinnamon Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Raspberry Scone
				\$4.50	Chocolate Pudding
Tuesday SEPT 30	<b><u>National Day for Truth &amp; Reconciliation- Sorry no Meals on Wheels today</u></b>				

ALL FROZEN MEALS SERVED WITH SOUP OF THE DAY				
Frozen Meals Order	Delivery Thurs Sept 4	Delivery Thurs Sept 11	Delivery Thurs Sept 18	Delivery Thurs Sept 25
<i>Meal example-- add number to order</i>	<i>1</i>	<i>0</i>	<i>2</i>	<i>1</i>
Cabbage Rolls with potates & vegetables				
Roast Pork, potatoes/gravy, vegetables				
Baked Cod with rice pilaf & vegetables				
Turkey Potato & Gravy Bowl				
Chicken Pot Pie				
Mac & Beef & Tomato Casserole				
Chinese BBQ Pork, Rice & Stir Fry				
Lemon Herb Sole Fillet with Rice Pilaf & Vegetables				
Chicken Al La King on Noodles				
Salisbury Steak, Mashed Potatoes, Gravy & Vegetables				
Chicken Noodle Soup 16 OZ \$5.00				
Pea Soup 16 OZ \$5.00				