

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



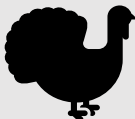

Meals on Wheels October 2025

REGISTERED CLIENTS- Place order before Sept. 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

Date	Meal OPTION A \$9.25	Meal OPTION B \$9.25	# to order	\$	Sides (Need to be ordered with meal or sandwich)
Wednesday OCT 1	Chicken Quesadilla with side of salsa. Served with soup of the day  Number to order_____	Cabbage Rolls, roasted potatoes, vegetables. Served with soup of the day  Number to order_____		\$3.50	Bean Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Orange Scone
				\$4.50	Lemon Loaf
Thursday OCT 2	Roast Pork, potatoes/gravy, & vegetables. Served with soup of the day  Number to order_____	Chicken Cacciatore on rice (Chicken simmered in tomato sauce and vegetables). Served with soup of the day  Number to order_____		\$3.50	Bean Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Orange Scone
				\$4.50	Lemon Loaf
Monday OCT 6	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 OCT 7	Cheese Burger Pie (ground beef, egg, onions, & cheese baked with biscuit mix) 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
Wednesday OCT 8	Pulled Pork Bun with baked beans & soup of the day  Number to order_____	Rueben Sandwich and tater tots. 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
Thursday OCT 9	Sweet & Sour Pork with Chow mein & Stir fry 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
Monday OCT 13	<div>Happy THANKSGIVING - No delivery today</div>				
Tuesday OCT 14	Eggplant Parmesan (roasted vegetables baked in tomato sauce topped with cheese) Served with soup of the day  Number to order_____	Hot Turkey Sandwich, Tater Tots & Pickle. 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
Wednesday OCT 15	Baked Macaroni & Cheese with Cauliflower. Served with soup of the day  Number to order_____	BBQ Chicken thighs on rice 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
Thursday OCT 16	Mushroom, Broccoli & Cheese Frittata with soup of the day  Number to order_____	Perogies, farmer sausage & sauerkraut. 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
Monday OCT 20	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 OCT 21	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 OCT 22	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 OCT 23	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 OCT 27	Chicken Fingers, fries & pickled 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 OCT 28	Fettuccini Alfredo (pasta with creamy white sauce). Served with soup of the day  Number to order_____	Shepherds Pie, roasted potatoes and vegetables. 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
Wednesday OCT 29	Roast beef, gravy with roasted turnips & vegetables. Served with soup of the day  Number to order_____	Spaghetti and Meatballs. 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
Thursday OCT 30	Steak and Mushroom pie. Served with soup of the day  Number to order_____	Salmon Quiche 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

ALL FROZEN MEALS SERVED WITH SOUP OF THE DAY					
Frozen Meals Order	Delivery Thurs Oct 2	Delivery Thurs Oct 9	Delivery Thurs Oct 16	Delivery Thurs Oct 23	Delivery Thurs Oct 30
Meal example-- add number to order	1	0	2	1	2
Cabbage Rolls with potatoes & 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					