

NAME: _____

Meals on Wheels DECEMBER 2025



REGISTERED CLIENTS- Place order before NOV. 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 or email MOW@comserv.bc.ca
**Items may be substituted with a similar item

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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)
Monday Dec 1	Roast Beef Dinner, mashed potatoes, gravy and vegetables. Served with soup of the day Number to order_____	Creamy Mac & Cheese. Served with soup of the day Number to order_____		\$3.50	Macaroni Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Raspberry Scone
				\$4.50	Lemon Loaf
Tuesday Dec 2	Spaghetti & Meatballs with roasted vegetables. Served with soup of the day Number to order_____	Chicken Chow Mein & vgetables. Served with soup of the day Number to order_____		\$3.50	Macaroni Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Raspberry Scone
Wednesday Dec 3	Cabbage Rolls, potatoes & vegetables. Served with soup of the day Number to order_____	Ham & Swiss on brown with macaroni salad. Served with soup of the day Number to order_____		\$3.50	Macaroni Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Raspberry Scone
				\$4.50	Lemon Loaf
Thursday Dec 4	Chicken Adobo, rice & vegetables. Served with soup of the day Number to order_____	Liver & Onions, mashed potatoes, & vegetables. Served with soup of the day Number to order_____		\$3.50	Macaroni Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Raspberry Scone
				\$4.50	Lemon Loaf
Monday Dec 8	Homestyle Meatloaf, mashed potatoes/gravy & vegetables. Served with soup of the day Number to order_____	Bacon, Egg & Hashbrown. Served with soup of the day Number to order_____		\$3.50	Tossed Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Rice Pudding
Tuesday Dec 9	Greek chicken, rice & vegetables. Served with soup of the day Number to order_____	Herb Salmon with rice pilaf & vegetables. Served with soup of the day Number to order_____		\$3.50	Macaroni Salad
				\$3.00	Banana Chocolate Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Raspberry Scone
				\$4.50	Lemon Loaf
Wednesday Dec 10	Meat Lasagna with roasted vegetables. Served with soup of the day Number to order_____	Cranberry chicken with rice & vegetables. Served with soup of the day Number to order_____		\$3.50	Tossed Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Rice Pudding
Thursday Dec 11	Baked ham & pineapple, scalloped potatoes & vegetables. Served with soup of the day Number to order_____	Perogies, farmer sausage & roasted potatoes. Served with soup of the day Number to order_____		\$3.50	Tossed Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Rice Pudding
Monday Dec 15	Roasted Turkey with stuffing & vegetables. Served with soup of the day Number to order_____	Mini pancakes, sausage & hashbrown. Served with soup of the day Number to order_____		\$3.50	Potato Salad
				\$3.00	Blueberry Streusel Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake
Tuesday Dec 16	Chicken Stew & Dumplings. Served with soup of the day Number to order_____	Ginger beef, rice & vegetables. Served with soup of the day. Number to order_____		\$3.50	Potato Salad
				\$3.00	Blueberry Streusel Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake

Wednesday Dec 17	Salisbury Steak, Potatoes, Gravy & Vegetables. With soup of the day Number to order_____	Chicken stuffed with broccoli & cheese, rice pilaf & vegetables. Served with soup of the day Number to order_____		\$3.50	Potato Salad
				\$3.00	Blueberry Streusel Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake
Thursday Dec 18	Tourtiere Pie, roasted potatoes & vegetables. Served with soup of the day Number to order_____	French Toast, strawberries & hashbrown. Served with soup of the day Number to order_____		\$3.50	Potato Salad
				\$3.00	Blueberry Streusel Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake
 Monday Dec 22 - Thurs Dec 25 CLOSED FOR CHRISTMAS BREAK order frozen meals for Thursday Dec 18 delivery to cover this week 					
Monday Dec 29	Cranberry Stuffed Pork Roll with mashed potatoes & vegetables. Served with soup of the day Number to order_____	Creamy Macaroni & cheese. Served with soup of the day Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Apple Cinnamon Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Blueberry Scone
				\$4.50	Apple Crisp
Tuesday Dec 30	Roast beef, gravy with roasted turnips & vegetables. Served with soup of the day Number to order_____	Grilled ham & cheese sandwich with potato chips. Served with soup of the day Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Apple Cinnamon Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Blueberry Scone
				\$4.50	Apple Crisp
Wednesday Dec 31	Steak and Mushroom pie. Served with soup of the day Number to order_____	Lentil Stew with vegetables. Served with soup of the day. Number to order_____		\$3.50	Coleslaw Salad
				\$3.00	Apple Cinnamon Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Blueberry Scone
				\$4.50	Apple Crisp

ALL FROZEN MEALS SERVED WITH SOUP OF THE DAY			
Frozen Meals Order	Delivery Thurs Dec 5	Delivery Thurs Dec 11	Delivery Thurs Dec 18
<i>Meal example-- add number to order</i>	<i>1</i>	<i>0</i>	<i>2</i>
Pork Sausage with potates/gravy & vegetables			
Roast Beef, potatoes/gravy, vegetables			
Baked ham & pineapple, scalloped potatoes & vegetables			
Tourtiere Meat Pie, potates/gravy & vegetables			
Oven baked chicken breast, potatoes/gravy & vegetables			
Butter Chicken with rice & vegetables			
Cranberry chicken, rice pilaf & vegetables			
Salmon, rice pilaf & vegetables			
Beef Stew			
French Toast, strawberries & hashbrown			
Beef Barley Soup 16 OZ \$5.00			
Cream of Tomato Soup 16 OZ \$5.00			