| 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

NO SOUP with my meals

| Roast Beef Dinner, mashed potatoes, gravy and vegetables. Served with soup of the day Sumber to order Sumber to or | Monday Dec | \$9.25 Roast Beef Dinner, mashed potatoes, gravy and | | \$ | Sides (Need to be ordered with |
|--|--------------------|--|---|--------------|--------------------------------|
| Monday Dec 1 potatoes, gravy and vegetables. Served with soup of the day Number to order Numbe | · · | potatoes, gravy and | | | mear or sandwich) |
| Monday Dec 1 | · · | potatoes, gravy and | | \$3.50 | Macaroni Salad |
| Tuesday Dec 2 Wednesday Dec 3 Thursday Dec 4 Thursday Dec 4 Thursday Dec 5 Thursday Dec 6 Thursday Dec 7 Thursday Dec 6 Thursday Dec 6 Thursday Dec 7 Thursday Dec 7 Thursday Dec 8 Mach 8 | · · | | Creamy Mac & Cheese. Served with | \$3.00 | Banana Chocolate Muffin |
| Tuesday Dec 2 Wednesday Dec 3 Wednesday Dec 4 Thursday Dec 4 Wednesday Dec 5 Monday Dec 6 Monday Dec 8 Wednesday Dec 6 Monday Dec 6 Monday Dec 7 Monday Dec 7 Monday Dec 8 Wednesday Dec 10 Monday Dec 9 Monday Dec 9 Monday Dec 9 Monday Dec 8 Wednesday Dec 10 Monday Dec 9 Monday Dec 9 Monday Dec 9 Monday Dec 9 Monday Dec 10 Monday Dec 9 Monday | | vegetables. Served with | • | \$4.00 | Bacon Breakfast Sandwich |
| Tuesday Dec 2 2 | | | · | \$4.00 | Raspberry Scone |
| Tuesday Dec 2 Wednesday Dec 3 Wednesday Dec 3 Thursday Dec 4 Thursday Dec 4 Wednesday Dec 5 Thursday Dec 6 Wednesday Dec 6 Wednesday Dec 7 Thursday Dec 6 Wednesday Dec 7 Thursday Dec 6 Wednesday Dec 8 Wednesday Dec 8 Wednesday Dec 10 Wednesday Dec 11 Wednesday Dec 12 Wednesday Dec 11 Wednesday Dec 12 Wednesday Dec 13 Wednesday Dec 14 Wednesday Dec 15 Wednesday Dec 16 Wednesday Dec 16 Wednesday Dec 17 Wednesday Dec 18 Wednesday Dec 19 Wednesday Dec 1 | | Number to order | Number to order | \$4.50 | Lemon Loaf |
| Cabbage Rolls, potatoes & vegetables. Served with soup of the day Wednesday Dec 3 Thursday Dec 4 Thursday Dec 8 Tuesday Dec 9 Tuesday Dec 9 Wednesday Dec 10 Wednesday Dec 10 Wednesday Dec 11 Wednesday Dec 1 Wednesday Dec 11 Wednesday D | | | | \$3.50 | Macaroni Salad |
| Vednesday Dec 3 Ved Heavestay Dec 4 Vednesday Dec 5 Ved Heavestay Dec 6 Vegetables. Served with soup of the day Number to order | Tuesday Dec | . • | Chicken Chow Mein & vgetables. | \$3.00 | Banana Chocolate Muffin |
| Number to order | | | _ | \$4.00 | Bacon Breakfast Sandwich |
| Wednesday Dec 3 Cabbage Rolls, potatoes & vegetables. Served with soup of the day Number to order Thursday Dec 4 Chicken Adobo, rice & vegetables. Served with soup of the day Number to order Number to ord | | with soup of the day | | \$4.00 | Raspberry Scone |
| Wednesday Dec 3 Cabbage Rolls, potatoes & vegetables. Served with soup of the day Number to order | | Number to order | Number to order | \$4.50 | Lemon Loaf |
| vegetables. Served with soup of the day Number to order Number to order S4.00 Bacon Breakfast Sandwich | | | | \$3.50 | Macaroni Salad |
| vegetables. Served with soup of the day Number to order Number to order S4.00 Bacon Breakfast Sandwich S4.00 | | | | \$3.00 | Banana Chocolate Muffin |
| Thursday Dec 4 Thursday Dec 8 vegetables. Served with soup of the day Number to order | | • | • | \$4.00 | Bacon Breakfast Sandwich |
| Thursday Dec 4 Chicken Adobo, rice & vegetables. Served with soup of the day Number to order | | | | \$4.00 | Raspberry Scone |
| Thursday Dec 4 Chicken Adobo, rice & vegetables. Served with soup of the day Number to order Homestyle Meatloaf, mashed potatoes/gravy & vegetables. Served with soup of the day Number to order Number to order Reach Chicken, rice & vegetables. Served with soup of the day Number to order Tuesday Dec 9 Wednesday Dec 10 Wednesday Dec 10 Thursday Dec 10 Thursday Dec 10 Thursday Dec 11 Chicken Adobo, rice & vegetables. Served with soup of the day Number to order Numbe | | | | \$4.50 | Lemon Loaf |
| ruesday Dec 9 Wednesday Dec 10 Wednesday Dec 10 Wednesday Dec 10 Wednesday Dec 10 Thursday Dec 10 Wegetables. Served with soup of the day Number to order Salou Raspberry Scone Wednesday Dec 10 Baked ham & pineapple, scalloped potatoes & vegetables. Served with Soup of the day Number to order Number to order Salou Rasporty Scone Salou Salou Raspberry Scone Salou Raspberry Scone Salou Raspberry Scone Salou Salou Raspberry Scone Salou Salou Raspberry Scone Salou Salou Raspberry Scone Salou Raspberry Scone Salou Salou Raspberry Scone Raspberry Sc | | | | \$3.50 | Macaroni Salad |
| ## Vegetables. Served with soup of the day Number to order Number to order Say Dec 9 ## Wednesday Dec 10 Wednesday Dec 10 ## Wednesday Dec 11 ## Wednesday Dec 11 ## Wednesday Dec 11 ## Baked ham & pineapple, scalloped potatoes & vegetables. Served with Soup of the day Number to order Number to order Say Dec 11 ## Wednesday Dec 10 ## We | Thursday Dec | - | - | \$3.00 | Banana Chocolate Muffin |
| Number to order | 4 | vegetables. Served with | _ | \$4.00 | Bacon Breakfast Sandwich |
| Monday Dec 8 | | soup of the day | tne day | \$4.00 | Raspberry Scone |
| Homestyle Meatloaf, mashed potatoes/gravy & vegetables. Served with soup of the day Number to order | | Number to order | Number to order | \$4.50 | Lemon Loaf |
| Monday Dec 8 wegetables. Served with soup of the day | | Homestyle Meatloaf, | | \$3.50 | Tossed Salad |
| Vegetables. Served with soup of the day Number to order S4.00 Bacon Breakfast Sandwich S4.00 Cheese & Chives Scone | Monday Dec | | | \$3.00 | Maple Muffin |
| Number to order | _ * | | | \$4.00 | Bacon Breakfast Sandwich |
| Tuesday Dec 9 Greek chicken, rice & vegetables. Served with soup of the day Number to order Number to order Sa.50 Dec 10 Wednesday Dec 10 Number to order Number to order Number to order Sa.50 Number to order Number to order Sa.50 Number to order Sa.50 Number to order Sa.50 Number to order Sa.50 Number to order_ Sa.50 Num | | soup of the day | | \$4.00 | Cheese & Chives Scone |
| Tuesday Dec 9 Greek chicken, rice & vegetables. Served with soup of the day Number to order Number to order Sa.50 Dec 10 Meat Lasagna with roasted vegetables. Served with soup of the day Number to order Number to order Sa.50 Number to order Sa.50 Number to order Sa.50 Number to order Sa.50 Cranberry chicken with rice & vegetables. Served with soup of the day Number to order Sa.50 Maple Muffin Sa.00 Maple Muffin | | Number to order | Number to order | \$4.50 | Rice Pudding |
| vegetables. Served with soup of the day Number to order Sa.50 Served with soup of the day \$4.00 \$ | | | | \$3.50 | Macaroni Salad |
| Soup of the day Number to order Number to order \$4.00 Raspberry Scone Number to order \$4.50 Lemon Loaf \$3.50 Tossed Salad Cranberry chicken with rice & vegetables. Served with soup of the day Number to order Number to order \$4.00 Bacon Breakfast Sandwich \$4.00 Maple Muffin \$4.00 Cheese & Chives Scone Number to order \$4.50 Rice Pudding \$4.00 Cheese & Chives Scone Number to order \$4.50 Rice Pudding \$4.00 Maple Muffin \$4.00 Cheese & Chives Scone \$4.50 Rice Pudding \$4.00 Maple Muffin \$4.00 Maple Muffin \$4.00 Bacon Breakfast Sandwich \$4.00 Bacon Breakfast Sandwich | Tuesday Dec | - | vegetables. Served with soup of | \$3.00 | Banana Chocolate Muffin |
| Wednesday Dec 10 Meat Lasagna with roasted vegetables. Served with soup of the day Number to order Salloped potatoes & vegetables. Served with soup of the day Perogies, farmer sausage & roasted potatoes. Served with soup of the day Number to order Number to order Number to order Number to order Salloped potatoes & vegetables. Served with soup of the day Number to order Salloped potatoes & vegetables. Served with soup of the day Perogies, farmer sausage & roasted potatoes. Served with soup of the day Perogies, farmer sausage & roasted potatoes. Served with soup of the day Number to order Salloped potatoes & vegetables. Served with soup of the day Perogies, farmer sausage & vegetables. Served with soup of the day Number to order Salloped potatoes & vegetables. Served with soup of the day Number to order Salloped potatoes & vegetables. Served with soup of the day Number to order Salloped potatoes & vegetables. Served with soup of the day | 9 | | | \$4.00 | Bacon Breakfast Sandwich |
| Wednesday Dec 10 Meat Lasagna with roasted vegetables. Served with soup of the day Number to order Baked ham & pineapple, scalloped potatoes & vegetables. Served with Served with soup of the day Dec 11 Meat Lasagna with roasted vegetables. Served with soup of the day Number to order Number to order Salso Maple Muffin Salso Tossed Salad Salso Salso Salso Salso Maple Muffin Salso Salso Maple Muffin Salso Sa | | soup of the day | the day | \$4.00 | Raspberry Scone |
| Wednesday Dec 10 Meat Lasagna with roasted vegetables. Served with soup of the day Cranberry chicken with rice & vegetables. Served with soup of the day \$3.00 Maple Muffin Number to order Number to order \$4.00 Bacon Breakfast Sandwich Number to order \$4.50 Rice Pudding Baked ham & pineapple, scalloped potatoes & vegetables. Served with Saloo Maple Muffin Perogies, farmer sausage & roasted potatoes. Served with soup of the day \$3.50 Tossed Salad \$3.00 Maple Muffin \$3.00 Maple Muffin \$3.00 Bacon Breakfast Sandwich | | Number to order | Number to order | \$4.50 | Lemon Loaf |
| vegetables. Served with soup of the day \$4.00 Bacon Breakfast Sandwich \$4.00 Cheese & Chives Scone \$4.50 Rice Pudding \$3.50 Tossed Salad \$3.50 Tossed Salad \$3.00 Maple Muffin \$3.50 Maple M | | | | \$3.50 | Tossed Salad |
| Soup of the day Number to order Baked ham & pineapple, scalloped potatoes & vegetables. Served with Vegetables. Served with Thursday Dec 10 S4.00 S4.00 S4.00 Cheese & Chives Scone \$4.50 Rice Pudding \$3.50 Tossed Salad \$3.00 Maple Muffin \$4.00 S4.00 Bacon Breakfast Sandwich \$4.00 S4.50 Perogies, farmer sausage & roasted potatoes. Served with soup of the day | Wednesday | V . | \$3.00 | Maple Muffin | |
| Number to order Number to order \$4.00 Cheese & Chives Scone Sumber to order S4.50 Rice Pudding | Dec 10 | = | | \$4.00 | Bacon Breakfast Sandwich |
| Baked ham & pineapple, scalloped potatoes & vegetables. Served with Dec 11 Baked ham & pineapple, scalloped potatoes & potatoes. Served with soup of the day \$3.50 Tossed Salad \$3.00 Maple Muffin \$4.00 Bacon Breakfast Sandwich | | soup of the day | | \$4.00 | Cheese & Chives Scone |
| Thursday Dec 11 Dec 1 | | Number to order | Number to order | \$4.50 | Rice Pudding |
| Dec 11 vegetables. Served with potatoes & potatoes. Served with soup of the day | | Baked ham & pineapple, | | \$3.50 | Tossed Salad |
| Dec 11 vegetables. Served with day 54.00 Bacon Breakfast Sandwich | • | ··· | potatoes. Served with soup of the | \$3.00 | Maple Muffin |
| coun of the day | | | | \$4.00 | Bacon Breakfast Sandwich |
| Soup of the day S4.00 Cheese & Chives Scone | | | | \$4.00 | Cheese & Chives Scone |
| Number to order Number to order \$4.50 Rice Pudding | | Number to order | Number to order | \$4.50 | Rice Pudding |
| Roasted Turkey with \$3.50 Potato Salad | Monday Dec 15 | Roasted Turkey with stuffing & vegetables. Served with soup of the day | tuffing & vegetables. rved with soup of the the day | \$3.50 | Potato Salad |
| Monday stuffing & vegetables Wilni pancakes, sausage & \$3.00 Blueberry Streusel Muffin | | | | \$3.00 | Blueberry Streusel Muffin |
| DAC 15 Served with solin of the Salve 15 Salve Bacon Breakfast Sandwich | | | | \$4.00 | Bacon Breakfast Sandwich |
| day \$4.00 Ham & Cheese Scone | | | | \$4.00 | Ham & Cheese Scone |
| Number to order Number to order \$4.50 Carrot Cake | | Number to order | Number to order | \$4.50 | Carrot Cake |
| \$3.50 Potato Salad | | | | \$3.50 | Potato Salad |
| Tuesday Chicken Stew & Dumplings. Sorved with soun of the Ginger beef, rice & vegetables. \$3.00 Blueberry Streusel Muffin | Tuesday | | Ginger heat rice X, Vegetables | \$3.00 | Blueberry Streusel Muffin |
| Dec 16 Served with soup of the Served with soup of the day. \$4.00 Bacon Breakfast Sandwich | Dec 16 | • | | \$4.00 | Bacon Breakfast Sandwich |
| day | | uay | | \$4.00 | Ham & Cheese Scone |
| l dav l l l l l l l l l l l l l l l l l l l | | Number to order | Number to order | \$4.50 | Carrot Cake |

| Wednesday Dec 17 Thursday Dec 18 | Salisbury Steak, Potatoes, Gravy & Vegetables. With soup of the day | | \$ \$3.50 | Potato Salad |
|---|---|---|--------------|---------------------------|
| | | Chicken stuffed with broccoli & cheese, rice pilaf & vegetables. Served with soup of the day | \$ \$3.00 | Blueberry Streusel Muffin |
| | | | \$ \$4.00 | Bacon Breakfast Sandwich |
| | | | \$ \$4.00 | Ham & Cheese Scone |
| | Number to order | Number to order | \$ \$4.50 | Carrot Cake |
| | Tourtiere Pie, roasted potatoes & vegetables. Served with soup of the day | - 1 | \$ \$3.50 | Potato Salad |
| | | French Toast, strawberries & hashbrown. Served with soup of the day | \$ \$3.00 | Blueberry Streusel Muffin |
| | | | \$ \$4.00 | Bacon Breakfast Sandwich |
| | | | \$ \$4.00 | Ham & Cheese Scone |
| | Number to order | Number to order | \$ \$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 | | \$3.50 | Coleslaw Salad |
|---------------------|--|---|--------|--------------------------|
| | | Creamy Macaroni & cheese. Served with soup of the day | \$3.00 | Apple Cinnamon Muffins |
| | | | \$4.00 | Bacon Breakfast Sandwich |
| | | | \$4.00 | Blueberry Scone |
| | Number to order | Number to order | \$4.50 | Apple Crisp |
| Tuesday Dec 30 | Roast beef, gravy with roasted turnips & vegetables. Served with soup of the day | 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 |
| | Number to order | | \$4.50 | Apple Crisp |
| Wednesday Dec 31 | Steak and Mushroom pie. Served with soup of the day | Lentil Stew with vegetables. Served with soup of the day. | \$3.50 | Coleslaw Salad |
| | | | \$3.00 | Apple Cinnamon Muffins |
| | | | \$4.00 | Bacon Breakfast Sandwich |
| | | | \$4.00 | Blueberry Scone |
| | Number to order | Number to order | \$4.50 | Apple Crisp |

ALL FROZEN MEALS SERVED WITH SOUP OF THE DAY

| | Delivery | Delivery | Delivery |
|--|-----------|-----------|-----------|
| Frozen Meals Order | Thurs Dec | Thurs Dec | Thurs Dec |
| riozen ivieais Order | 5 | 11 | 18 |
| Meal example add number to order | 1 | 0 | 2 |
| 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 | | | |