

NAME: _____


Meals on Wheels NOVEMBER 2025



REGISTERED CLIENTS- Place order before Oct. 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

Date	Meal OPTION A \$9.25	Meal OPTION B \$9.25	# to order	\$	Sides (Need to be ordered with meal or sandwich)
Monday Nov 3	Roast Beef Dinner, mashed potatoes, gravy and vegetables. Served with soup of the day Number to order_____	Hot BBQ chicken sandwich with green 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
Tuesday Nov 4	Spagehetti & Meatballs with roasted vegetables. Served with soup of the day Number to order_____	Loaded Baked Potato (butter, bacon bits, sour cream, cheese & gr. onions) & baked beans. 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 Nov 5	Roasted Pepper, Bacon & Mushroom Quiche. Served with soup of the day Number to order_____	Ham & Swiss on Rye with bean 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 Nov 6	Shepherds Pie, roasted potatoes & vegetables. Served with soup of the day Number to order_____	Quinoa stuffed pepper with steamed 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 Nov 10	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	Tossed Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Rice Pudding
Tuesday Nov 11	<div></div> <div>REMEMBRANCE DAY - No delivery today</div>				
Wednesday Nov 12	Meat Lasagna with roasted vegetables. 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	Tossed Salad
				\$3.00	Maple Muffin
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Cheese & Chives Scone
				\$4.50	Rice Pudding
Thursday Nov 13	Swedish meatballs, mashed potatoes, gravy & 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 Nov 17	Roasted Turkey with stuffing & vegetables. 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	Potato Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake
Tuesday Nov 18	Gumbo Stew (with chicken sausage) on rice with vegetables. 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	Potato Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake

Wednesday Nov 19	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	Potato Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake
Thursday Nov 20	Lemon Herbed Chicken thighs, Potato tots & Vegetables. Served with soup of the day Number to order_____	Chili Con Carne & cornbread muffin. Served with soup of the day Number to order_____		\$3.50	Potato Salad
				\$3.00	Blueberry Streusel Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Ham & Cheese Scone
				\$4.50	Carrot Cake
Monday Nov 24	Teriyaki chicken with rice & vegetables. Served with soup of the day Number to order_____	Fish & Chips with coleslaw. 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 Nov 25	Cheese burger, potato tots & pickles. 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	Coleslaw Salad
				\$3.00	Apple Cinnamon Muffins
				\$4.00	Bacon Breakfast Sandwich
				\$4.00	Blueberry Scone
				\$4.50	Apple Crisp
Wednesday Nov 26	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
Thursday Nov 27	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	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 Nov 6	Delivery Thurs Nov 13	Delivery Thurs Nov 20	Delivery ThursNov 27
Meal example-- add number to order	1	0	2	1
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				
Don't forget to call 408.274.5000				