











# Chilliwack Meals on Wheels

January 5-8, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday January 5	Tuesday January 6	Wednesday January 7	Thursday January 8
 <p>Lemon Chicken Balls</p>	 <p>Hungarian Stew</p>	 <p>Grilled Brown Sugar Chicken Thighs</p>	 <p>Veal Milano</p>
 <p>Meatloaf Sandwich</p>	 <p>Asian Beef Ribette</p>	 <p>Sheet Pan Bacon &amp; Eggs</p>	 <p>Chicken Shawarma</p>

## Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Chocolate Cake \$4.50



Jumbo Blueberry Muffin \$3.00



Fruit Salad \$4.50

## Frozen Meals January 8<sup>th</sup> delivery



Salisbury Steak



Butter Chicken



Teriyaki Salmon



Chicken Parmesan



Scrambled eggs,  
hashbrowns & pork  
sausages





# Chilliwack Meals on Wheels

## January 12-15, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Frozen Meals  
January 15<sup>th</sup>  
delivery

Monday January 12



Ham with Maple  
Pineapple Sauce

Tuesday January 13



Braised Beef Riblets

Wednesday January 14



Orange Rosemary  
Chicken Leg

Thursday January 15



Lemon Pepper Sole



Chili & Perogies



Orange Chicken Bowl



Crispy Orange  
Chicken Bowl



Sweet Apricot  
Chicken Thighs



Chicken Pot Pie



Beef Taco Wrap



Shaved Steak &  
Yorkshire Pudding

### Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Black Forest Cake \$4.50



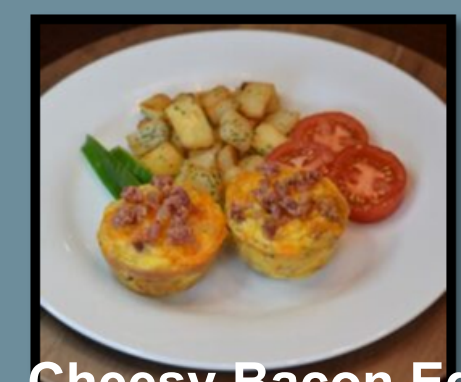
Apple Pie \$4.50



Mac & Cheese \$5.00



Lemon Pepper Sole



Cheesy Bacon Egg  
Muffins













# Chilliwack Meals on Wheels

## January 19-22, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22
 <p>Shaved Steak &amp; Yorkshire Pudding</p>	 <p>Turkey Breast with bacon/veg stuffing</p>	 <p>Pomegranate Glazed Salmon</p>	 <p>Meatloaf</p>
 <p>Tortellini Pasta with Meat Sauce</p>	 <p>French Toast, sausage &amp; scrambled eggs</p>	 <p>Baked Chili Dog</p>	 <p>Baked Chicken Parmesan</p>

### Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Jumbo Blueberry Muffin \$3.00



Carrot Cake \$4.50



Strawberry Cheese Cake \$4.50

Frozen Meals  
January 22nd  
delivery



Rosemary Ribette



Pulled Pork Bowl



Sweet & Sour Chicken



Cabbage Rolls



French Toast, egg & bacon








# Chilliwack Meals on Wheels

## January 26-29, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday January 26	Tuesday January 27	Wednesday January 28	Thursday January 29
			
Chicken Souvlaki	Salisbury Steak	Country Sausage with sweet onion relish	Creamy bacon Pork Chops
			
Swedish Meatballs	Beef Enchiladas	Butter Chicken	Steak Noodle Stir Fry

### Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Macaroni Salad \$4.00



Boston Cream Pie \$4.50



Rice Pudding \$4.50



Jumbo Honey Bran Muffin \$3.00

Frozen Meals  
January 29<sup>th</sup>  
delivery



Beef enchilada



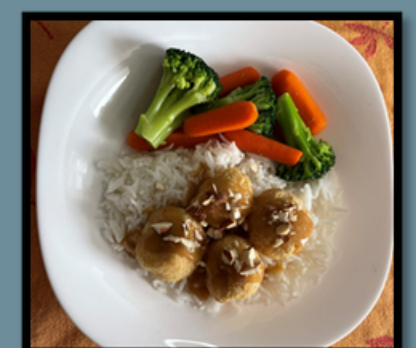
Steak Noodle Stir Fry



Teriyaki Salmon



Chicken Parmesan



Almond Soo Guy (Almond Chicken)



### Description

- Tempura battered chicken balls with zesty lemon sauce served on rice with broccoli
- Slices meatloaf tossed with onions, tomatoes & mozza cheese. Served on a bun with veggie sticks & pickles
- Tomato based stew with sausages, onions & peppers. Topped with sour cream and served with potatoes
- Boneless beef ribette baked with teriyaki sauce served with rice & vegetables
- Bone in chicken thighs grilled with a brown sugar tomato sauce and served with baked sweet potato fries & broccoli
- Eggs, bacon, potatoes baked & served with toast & vegetables
- Breaded veal topped with cream of mushroom soup, diced sundried tomatoes & basil. Served on spaghetti
- Chicken slices wrapped in pita bread with tomatoes, cucumbers, lettuce, & donair sauce
- Smoked ham served with scalloped potatoes & green beans
- Crispy tempura chicken balls with an orange sauce & oriental vegetables over rice noodles
- Braised Beef Riblets in gravy served with mashed potatoes & baby carrots
- Sweet Apricot bone in chicken thighs with roasted potatoes & green beans
- Chicken marinade and roasted in orange juice & rosemary. Served with roasted potatoes & broccoli
- Chicken baked in a flaky crust served with mashed potatoes, gravy & vegetables
- Lemon pepper sole served with rice & vegetable medley
- Beef Taco Wrapped with cheese, lettuce, & tomatoes served with salsa & sour cream
- Served with potatoes, gravy & vegetables
- Pasta with meat sauce. Served with garlic toast
- Slice of turkey breast topped with stuffing and gravy. Served with potatoes, gravy & vegetables
- Sliced bread coated in egg and fried. Served with pork sausage & scrambled eggs
- Salmon glazed with pomegranate/orange juice served with rice & vegetables
- Hot dog baked with chili & cheese, served with tater tots & vegetable sticks
- Meatloaf, gravy, potatoes & vegetables
- Breaded chicken breast topped with spaghetti sauce and melted parmesan cheese. Served on spaghetti
- Chicken marinated and cooked in Greek spices and lemon juice served with lemon potatoes & pita bread
- Swedish Meatballs covered in creamy gravy served over noodles with bun
- Juicy beef patty smothered in mushroom gravy served with mashed potatoes & vegetables
- Beef wrapped in flour tortilla with rice, cheese, lettuce & beans. Baked with melted cheese. Served with rice & santé fe mix
- Pork sausages served with mashed potatoes & vegetables
- Chicken slow cooked in a creamy coconut curry served with rice, peas & pita bread
- Pork Chops covered in a creamy bacon sauce served with sweet potatoes & New England vegetables
- Steak & Asian vegetable stir fry on chow mien noodles