



Chilliwack Meals on Wheels

January 5-8, 2026

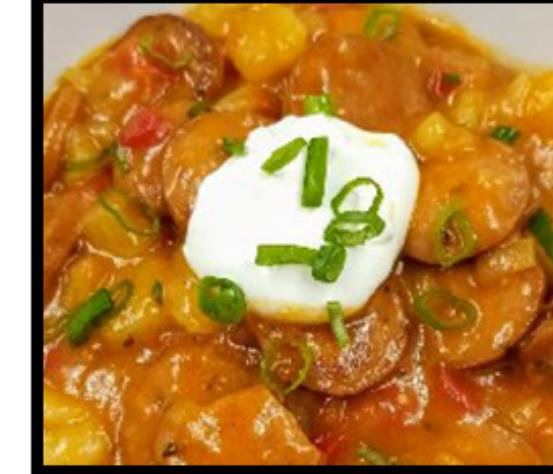
Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

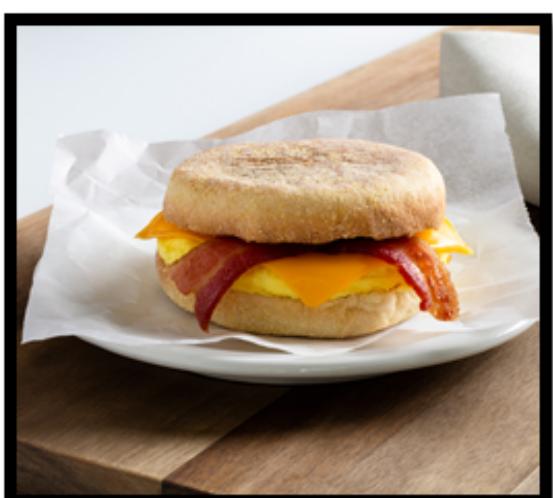
Frozen Meals

January 8th delivery

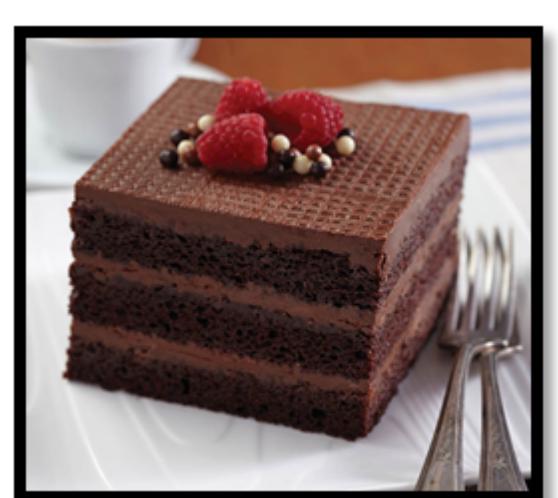
Monday January 5	Tuesday January 6	Wednesday January 7	Thursday January 8
			
Lemon Chicken Balls	Hungarian Stew	Grilled Brown Sugar Chicken Thighs	Veal Milano

			
Meatloaf Sandwich	Asian Beef Ribette	Sheet Pan Bacon & Eggs	Chicken Shawarma

Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Chocolate Cake \$4.50



Jumbo Blueberry Muffin \$3.00



Fruit Salad \$4.50



Salisbury Steak



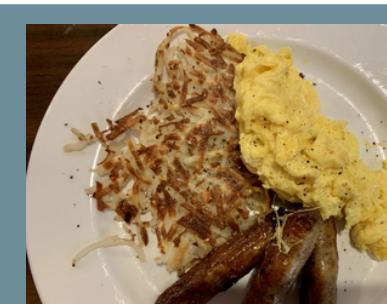
Butter Chicken



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 15th
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



Crispy Orange
Chicken Bowl



Sweet Apricot
Chicken Thighs



Chicken Pot Pie



Beef Taco Wrap



Chili & Perogies



Orange Chicken Bowl



Shaved Steak &
Yorkshire Pudding



Lemon Pepper Sole



Cheesy Bacon Egg
Muffins

Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Black Forest Cake \$4.50



Apple Pie \$4.50



Mac & Cheese \$5.00



Chilliwack Meals on Wheels

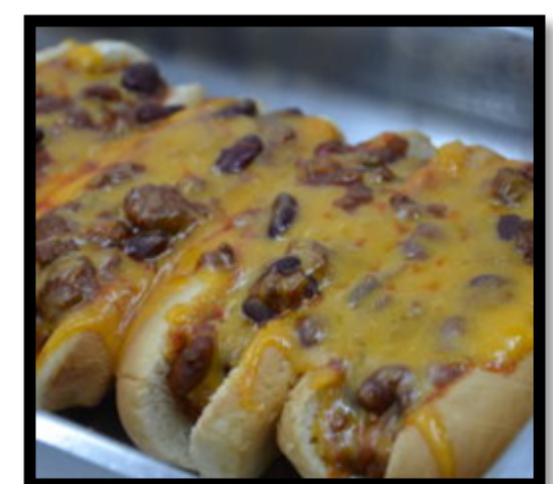
January 19-22, 2026

Meals \$9.25

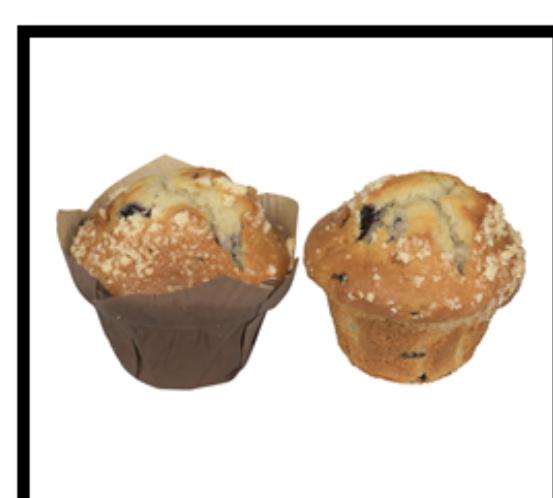
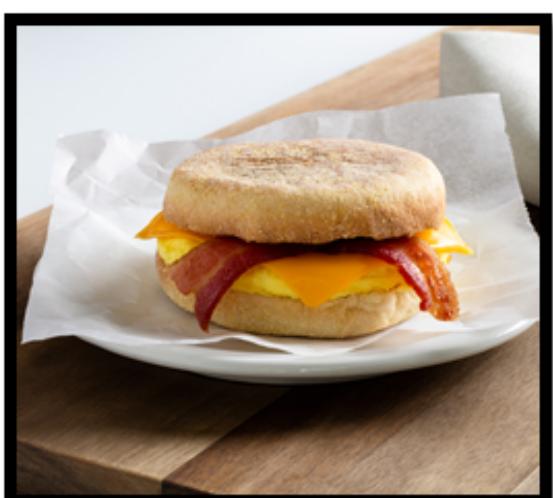
All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Frozen Meals
January 22nd
delivery

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

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



Rosemary Ribette



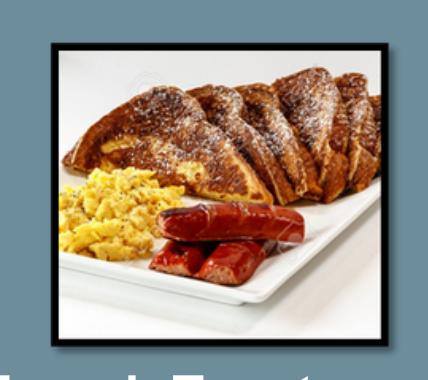
Pulled Pork Bowl



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

Frozen Meals
January 29th
delivery

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



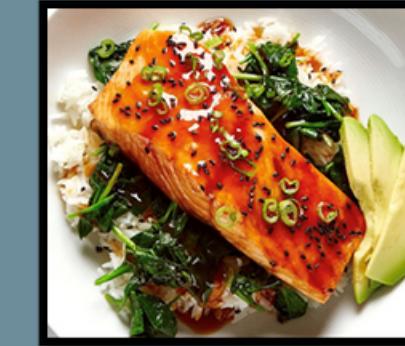
Jumbo Honey Bran Muffin \$3.00



Beef enchilada



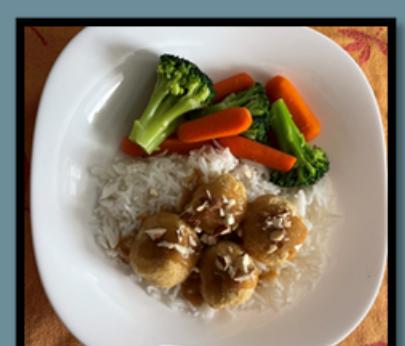
Steak Noodle Stir Fry



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