

NAME: _____



From Kitchen to Community (Fraser Health)
Pilot at Chilliwack Hospital
Hot meals for seniors: **\$4.99** (no ID or registration needed)
Served **4:00–5:30 pm** at Eyáleq’ep food locations (Cafeteria)

Seniors Connect Café
The Seniors Connect Café meets every Thursday morning.
This includes a free lunch twice a month.
Hosted by the Compassionate Neighbours Health Partner Society
Register 604-798-2023

Coffee with Seniors
Free coffee, donuts & conversation
Hosted by the Streams Foundation.
Coffee with Seniors is a great way to meet and
interact with other members of the community.
Call for more info
Streams Foundation 778-772-2203



Meals on Wheels

FEBRUARY

Place order before January 15 to avoid delivery disruptions

Office hours: Monday - Thursday 9:00am-1:00pm
Phone/Text: 604-316-4047
Email: MOW@comserv.bc.ca

MEALS \$9.25 each	Breakfast Sandwich \$ 4.50
Hot Meals- include soup & salad of the day	Mac & Cheese \$5.00
Frozen Meals- include soup of the day	Salads \$4.00
Extras to add to meals	Jumbo Muffin \$3.00
Add extra protein for \$3.00	Dessert/Fruit Salad/Puddings \$4.50

Monday 2nd	MEALS- includes soup & salad of the day	# to order
	Shepherds Pie	
	Turkey Mandarin Salad	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Loaded Baked Potato Mac & Cheese	
	4 Mini Chocolate Eclairs	
	Bananna Loaf	

Monday 9th	MEALS- includes soup & salad of the day	# to order
	Lemon Chicken Balls	
	Meatloaf Sandwich	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Blueberry Muffin	
	Chocolate Cake	
	Fruit Salad Cup	

Monday 16th	NO DELIVERY TODAY- ORDER FROZEN MEALS TO BE DELIVERED FEB	
		

Monday 23rd	MEALS- includes soup & salad of the day	# to order
	Shaved Steak & Yorkshire Pudding	
	Tortellini with Meat Sauce	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Blueberry Muffin	
	Carrot Cake	
	Strawberry Cheesecake	

Tuesday 3rd	MEALS- includes soup & salad of the day	# to order
	Chicken Ceasar Bake	
	Ham & Pineapple Baked Beans	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Loaded Baked Potato Mac & Cheese	
	4 Mini Chocolate Eclairs	
	Bananna Loaf	

Tuesday 10th	MEALS- includes soup & salad of the day	# to order
	Hungarian Stew	
	Asian Beef Ribette	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Blueberry Muffin	
	Chocolate Cake	
	Fruit Salad Cup	

Tuesday 17th	MEALS- includes soup & salad of the day	# to order
	Braised Beef Riblets	
	Sweet Apricot Chicken Thighs	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Black Forest Cake	
	Apple Pie	
	Mac & Cheese	

Tuesday 24th	MEALS- includes soup & salad of the day	# to order
	Turkey Breast with bacon/veg stuffing	
	French Toast, Sausage, & Scrambled Eggs	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Blueberry Muffin	
	Carrot Cake	
	Strawberry Cheesecake	

Wednesday 4th	MEALS- includes soup & salad of the day	# to order
	Almond Soo Gui Chicken	
	Fish & Chips	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Loaded Baked Potato Mac & Cheese	
	4 Mini Chocolate Eclairs	
	Bananna Loaf	

Wednesday 11th	MEALS- includes soup & salad of the day	# to order
	Grilled Brown Sugar Chicken Thighs	
	Sheet Pan Bacon & Eggs	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Blueberry Muffin	
	Chocolate Cake	
	Fruit Salad Cup	

Wednesday 18th	MEALS- includes soup & salad of the day	# to order
	Orange Rosemary Chicken Leg	
	Chicken Pot Pie	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Black Forest Cake	
	Apple Pie	
	Mac & Cheese	

Wednesday 25th	MEALS- includes soup & salad of the day	# to order
	Pomegranate Glazed Salmon	
	Baked Chili Dog	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Blueberry Muffin	
	Carrot Cake	
	Strawberry Cheesecake	

Thursday 5th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Cabbage Rolls		Frozen- Beef Stew & Biscuit	
	Chicken Pesto Melt on Croissant		Frozen- Chicken & Cashew Bowl	
	ADD ONS- must accompany a meal			
	Sausage Breakfast Sandwich		Frozen- Teriyaki Salmon	
	Loaded Baked Potato Mac & Cheese		Frozen - Pulled Pork Bowl	
	4 Mini Chocolate Eclairs		Frozen- Scrambled eggs, hash browns & pork sausages	
	Bananna Loaf			

Thursday 12th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Veal Milano		Frozen- Taco Beef Bowl	
	Chicken Shawarma		Frozen- Balsamic Chicken Thighs	
	ADD ONS- must accompany a meal			
	Bacon Breakfast Sandwich		Frozen- Cabbage Rolls	
	Jumbo Blueberry Muffin		Frozen - Creamy Pork Chop	
	Chocolate Cake		Frozen- Western Omelette. Sausage & hashbrowns	
	Fruit Salad Cup			

Thursday 19th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Lemon Pepper Sole		Frozen- Salisbury Steak	
	Beef Taco Wrap		Frozen- Chicken Parmesan	
	ADD ONS- must accompany a meal			
	Sausage Breakfast Sandwich		Frozen- Tortellini & Meat Sauce	
	Black Forest Cake		Frozen- Carved Ham	
	Apple Pie		Frozen- Pancakes, eggs, sausage breakfast	
	Mac & Cheese			

Thursday 26th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Meatloaf, Mashed Potatoes, Vegetables		Frozen- Rosemary Ribette	
	Baked Chicken Parmesan		Frozen- Orange Chicken Bowl	
	ADD ONS- must accompany a meal			
	Bacon Breakfast Sandwich		Frozen- Lemon Pepper Sole	
	Jumbo Blueberry Muffin		Frozen- Chili & Perogies	
	Carrot Cake		Frozen- French Toast, egg & bacon	
	Strawberry Cheesecake			