



#### **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**



**NAME:** \_\_\_\_\_



# **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](mailto:MOW@comserv.bc.ca)

#### **MEALS \$9.25 each**

Hot Meals- include soup & salad of the day

Frozen Meals- include soup of the day

#### **Extras to add to meals**

Add extra protein for \$3.00

Breakfast Sandwich \$ 4.50

Mac & Cheese \$5.00

Salads \$4.00

Jumbo Muffin \$3.00

Dessert/Fruit Salad/Puddings \$4.50

Monday 2nd	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Shepherds Pie		Chicken Ceasar Bake		Almond Soo Gui Chicken		Cabbage Rolls		Frozen- Beef Stew & Biscuit	
	Turkey Mandarian Salad		Ham & Pineapple Baked Beans		Fish & Chips		Chicken Pesto Melt on Croissant		Frozen- Chicken & Cashew Bowl	
	ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Frozen- Teriyaki Salmon	
	Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		Loaded Baked Potato Mac & Cheese		Frozen - Pulled Pork Bowl	
	Loaded Baked Potato Mac & Cheese		Loaded Baked Potato Mac & Cheese		4 Mini Chocolate Eclairs		4 Mini Chocolate Eclairs		Frozen- Scrambled eggs, hash browns & pork sausages	
	Bananna Loaf		Bananna Loaf		Bananna Loaf		Bananna Loaf			
Monday 9th	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Lemon Chicken Balls		Hungarian Stew		Grilled Brown Sugar Chicken Thighs		Veal Milano		Frozen- Taco Beef Bowl	
	Meatloaf Sandwich		Asian Beef Ribette		Sheet Pan Bacon & Eggs		Chicken Shawarma		Frozen- Balsamic Chicken Thighs	
	ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Frozen- Cabbage Rolls	
	Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Frozen - Creamy Pork Chop	
	Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Chocolate Cake		Frozen- Western Omelette. Sausage & hashbrowns	
	Chocolate Cake		Chocolate Cake		Chocolate Cake		Fruit Salad Cup			
Monday 16th	NO DELIVERY TODAY- ORDER FROZEN MEALS TO BE DELIVERED FEB		MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
			Braised Beef Riblets		Orange Rosemary Chicken Leg		Lemon Pepper Sole		Frozen- Salisbury Steak	
	HAPPY Family Day		Sweet Apricot Chicken Thighs		Chicken Pot Pie		Beef Taco Wrap		Frozen- Chicken Parmesan	
	ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Frozen- Tortellini & Meat Sauce	
	Sausage Breakfast Sandwich		Black Forest Cake		Sausage Breakfast Sandwich		Black Forest Cake		Frozen- Carved Ham	
	Apple Pie		Apple Pie		Black Forest Cake		Apple Pie		Frozen- Pancakes, eggs, sausage breakfast	
	Mac & Cheese		Mac & Cheese		Mac & Cheese		Mac & Cheese			
Monday 23rd	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Shaved Steak & Yorkshire Pudding		Turkey Breast with bacon/veg stuffing		Pomegranate Glazed Salmon		Meatloaf, Mashed Potatoes, Vegetables		Frozen- Rosemary Ribette	
	Tortellini with Meat Sauce		French Toast, Sausage, & Scrambled Eggs		Baked Chili Dog		Baked Chicken Parmesan		Frozen- Orange Chicken Bowl	
	ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Frozen- Lemon Pepper Sole	
	Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		Frozen- Chili & Perogies	
	Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Carrot Cake		Frozen- French Toast, egg & bacon	
	Carrot Cake		Carrot Cake		Strawberry Cheesecake		Strawberry Cheesecake			
Tuesday 3rd	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Chicken Ceasar Bake		Almond Soo Gui Chicken		Fish & Chips		Cabbage Rolls		Frozen- Beef Stew & Biscuit	
	Ham & Pineapple Baked Beans		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Chicken Pesto Melt on Croissant		Frozen- Chicken & Cashew Bowl	
	ADD ONS- must accompany a meal		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		ADD ONS- must accompany a meal		Frozen- Teriyaki Salmon	
	Loaded Baked Potato Mac & Cheese		Loaded Baked Potato Mac & Cheese		Loaded Baked Potato Mac & Cheese		Sausage Breakfast Sandwich		Frozen - Pulled Pork Bowl	
	4 Mini Chocolate Eclairs		4 Mini Chocolate Eclairs		4 Mini Chocolate Eclairs		Loaded Baked Potato Mac & Cheese		Frozen- Scrambled eggs, hash browns & pork sausages	
	Bananna Loaf		Bananna Loaf		Bananna Loaf		4 Mini Chocolate Eclairs			
Tuesday 10th	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Hungarian Stew		Grilled Brown Sugar Chicken Thighs		Sheet Pan Bacon & Eggs		Veal Milano		Frozen- Taco Beef Bowl	
	Asian Beef Ribette		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Chicken Shawarma		Frozen- Balsamic Chicken Thighs	
	ADD ONS- must accompany a meal		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		ADD ONS- must accompany a meal		Frozen- Cabbage Rolls	
	Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Frozen - Creamy Pork Chop	
	Chocolate Cake		Chocolate Cake		Chocolate Cake		Chocolate Cake		Frozen- Western Omelette.	
	Fruit Salad Cup		Fruit Salad Cup		Fruit Salad Cup		Fruit Salad Cup		Sausage & hashbrowns	
Wednesday 11th	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Grilled Brown Sugar Chicken Thighs		Sheet Pan Bacon & Eggs		Grilled Brown Sugar Chicken Thighs		Lemon Pepper Sole		Frozen- Salisbury Steak	
	Sheet Pan Bacon & Eggs		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Beef Taco Wrap		Frozen- Chicken Parmesan	
	ADD ONS- must accompany a meal		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		ADD ONS- must accompany a meal		Frozen- Tortellini & Meat Sauce	
	Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Black Forest Cake		Frozen- Carved Ham	
	Chocolate Cake		Chocolate Cake		Chocolate Cake		Apple Pie		Frozen- Pancakes, eggs, sausage breakfast	
	Fruit Salad Cup		Fruit Salad Cup		Fruit Salad Cup		Mac & Cheese			
Wednesday 18th	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Orange Rosemary Chicken Leg		Chicken Pot Pie		Orange Rosemary Chicken Leg		Lemon Pepper Sole		Frozen- Salisbury Steak	
	Chicken Pot Pie		ADD ONS- must accompany a meal		ADD ONS- must accompany a meal		Beef Taco Wrap		Frozen- Chicken Parmesan	
	ADD ONS- must accompany a meal		Sausage Breakfast Sandwich		Sausage Breakfast Sandwich		ADD ONS- must accompany a meal		Frozen- Tortellini & Meat Sauce	
	Black Forest Cake		Black Forest Cake		Black Forest Cake		Black Forest Cake		Frozen- Carved Ham	
	Apple Pie		Apple Pie		Apple Pie		Apple Pie		Frozen- Pancakes, eggs, sausage breakfast	
	Mac & Cheese		Mac & Cheese		Mac & Cheese		Mac & Cheese			
Wednesday 25th	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Pomegranate Glazed Salmon		Baked Chili Dog		Pomegranate Glazed Salmon		Meatloaf, Mashed Potatoes, Vegetables		Frozen- Rosemary Ribette	
	Baked Chili Dog		ADD ONS- must accompany a meal		Baked Chili Dog		Baked Chicken Parmesan		Frozen- Orange Chicken Bowl	
	ADD ONS- must accompany a meal		Bacon Breakfast Sandwich		Bacon Breakfast Sandwich		ADD ONS- must accompany a meal		Frozen- Lemon Pepper Sole	
	Bacon Breakfast Sandwich		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Bacon Breakfast Sandwich		Frozen- Chili & Perogies	
	Jumbo Blueberry Muffin		Carrot Cake		Carrot Cake		Carrot Cake		Frozen- French Toast, egg & bacon	
	Carrot Cake		Strawberry Cheesecake		Strawberry Cheesecake		Strawberry Cheesecake			
Thursday 26th	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Meatloaf, Mashed Potatoes, Vegetables		Baked Chicken Parmesan		Pomegranate Glazed Salmon		Meatloaf, Mashed Potatoes, Vegetables		Frozen- Rosemary Ribette	
	Baked Chicken Parmesan		ADD ONS- must accompany a meal		Baked Chicken Parmesan		Baked Chicken Parmesan		Frozen- Orange Chicken Bowl	
	ADD ONS- must accompany a meal		Bacon Breakfast Sandwich		Baked Chili Dog		ADD ONS- must accompany a meal		Frozen- Lemon Pepper Sole	
	Bacon Breakfast Sandwich		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Jumbo Blueberry Muffin		Frozen- Chili & Perogies	
	Jumbo Blueberry Muffin		Carrot Cake		Carrot Cake		Carrot Cake		Frozen- French Toast, egg & bacon	
	Carrot Cake		Strawberry Cheesecake		Strawberry Cheesecake		Strawberry Cheesecake			