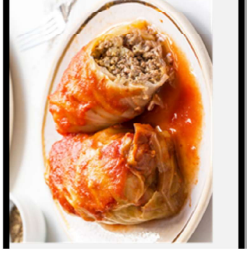
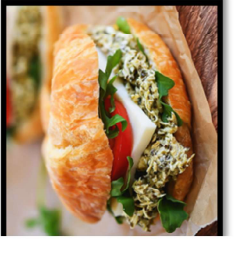




Chilliwick Meals on Wheels
February 2-5, 2026

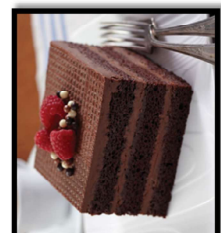
Meals \$9.25
All hot meals served with soup & salad of the day
All frozen meals served with soup of the day

Monday Feb 2	Tuesday Feb 3	Wednesday Feb 4	Thursday Feb 5
 Shepherd's Pie	 Chicken Caesar Bake	 Almond Soo Gui Chicken	 Cabbage Rolls
 Turkey Mandarin Salad	 Ham & Pineapple Baked Beans	 Fish & Chips	 Chicken Pesto Melt on Croissant

Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Chocolate Cake \$4.50

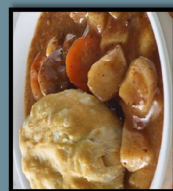


Jumbo Blueberry Muffin \$3.00

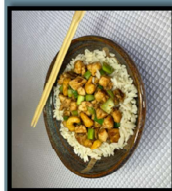


Fruit Salad \$4.50

Frozen Meals
February 5th
delivery



Beef Stew & Biscuit



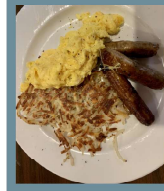
Chicken & Cashew Bowl



Teriyaki Salmon



Pulled Pork Bowl



Scrambled eggs,
hashbrowns & pork
sausages



Chilliwack Meals on Wheels
February 9-12, 2026

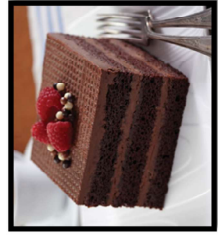
Meals \$9.25
All hot meals served with soup & salad of the day
All frozen meals served with soup of the day

Monday Feb 9	Tuesday Feb 10	Wednesday Feb 11	Thursday Feb 12
 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)



Bacon Breakfast Sandwich \$4.50



Chocolate Cake \$4.50

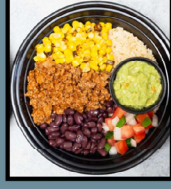


Jumbo Blueberry Muffin \$3.00

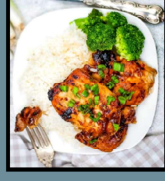


Fruit Salad \$4.50

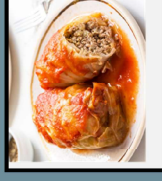
Frozen Meals
February 12th
delivery



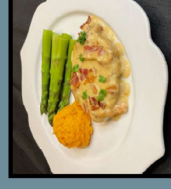
Taco Beef Bowl



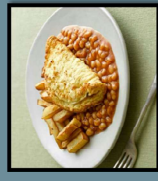
Balsamic Chicken Thighs



Cabbage Rolls



Creamy Pork Chop



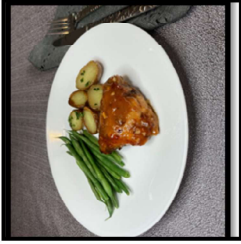
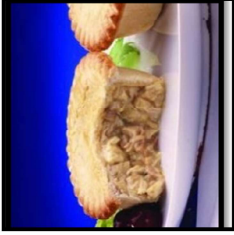
Western Omelette,
sausage & hashbrowns



Chilliwack Meals on Wheels February 16-19, 2026

Meals \$9.25

All hot meals served with soup & salad of the day
All frozen meals served with soup of the day

Monday Feb 16	Tuesday Feb 17	Wednesday Feb 18	Thursday Feb 19
 No delivery today	 Braised Beef Riblets	 Orange Rosemary Chicken Leg	 Lemon Pepper Sole
	 Sweet Apricot Chicken Thighs	 Chicken Pot Pie	 Beef Taco Wrap

Add ons (must accompany a meal)



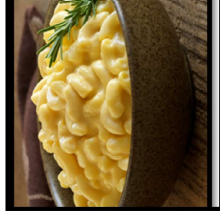
Sausage Breakfast Sandwich \$4.50



Black Forest Cake \$4.50

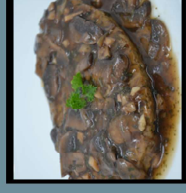


Apple Pie \$4.50

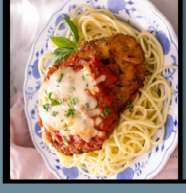


Mac & Cheese \$5.00

Frozen Meals
February 19th
delivery



Salisbury Steak



Chicken Parmesan



Tortellini & Meat
Sauce



Carved Ham

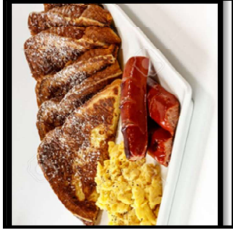
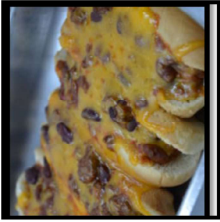


Pancakes, eggs,
sausage breakfast



Chilliwick Meals on Wheels February 23-26, 2026

Meals \$9.25
All hot meals served with soup & salad of the day
All frozen meals served with soup of the day

Monday Feb 23	Tuesday Feb 24	Wednesday Feb 25	Thursday Feb 26
 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)



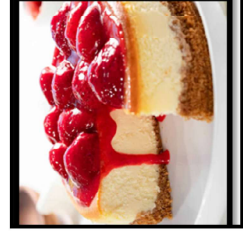
Bacon Breakfast Sandwich \$4.50



Jumbo Blueberry Muffin \$3.00



Carrot Cake \$4.50



Strawberry Cheese Cake \$4.50

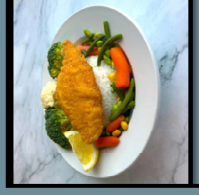
Frozen Meals February 26th delivery



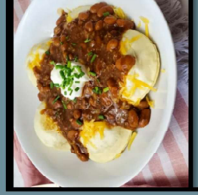
Rosemary Ribette



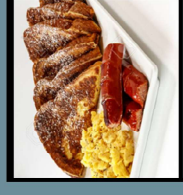
Orange Chicken Bowl



Lemon Pepper Sole



Chili & Perogies



French Toast, egg &
bacon