



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

Community Angels Lunch Program

Games, activities, coffee & social visits for seniors

Tuesday, Thursdays & Fridays 11am-3pm

FREE COFFEE, TEA, SOUP & MEALS

9181 Main Street Suite 108

Entrance off of Patten Ave- across from Tydel Foods



NAME: _____



Meals on Wheels

MARCH

Office hours: Monday - Thursday 9:00am-1:00pm

Phone/Text: 604-316-4047

Email: MOW@comserv.bc.ca

Mon. March 2nd	MEALS- includes soup & salad of the day	# to order
	Chicken Souvlaki	
	Swedish Meatballs	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Honey Bran Muffin	
	Boston Cream Pie	
	Rice Pudding	

Tues. March 3rd	MEALS- includes soup & salad of the day	# to order
	Salisbury Steak	
	Beef Enchiladas	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Honey Bran Muffin	
	Boston Cream Pie	
	Rice Pudding	

Wed. March 4th	MEALS- includes soup & salad of the day	# to order
	Country Sausage with sweet onion relish	
	Butter Chicken	
	ADD ONS- must accompany a meal	
	Bacon Breakfast Sandwich	
	Jumbo Honey Bran Muffin	
	Boston Cream Pie	
	Rice Pudding	

Thurs. March 5th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Creamy Bacon Pork Chops		Frozen- Beef Enchiladas	
	Steak Noodle stir fry		Frozen- Butter Chicken	
	ADD ONS- must accompany a meal			
	Bacon Breakfast Sandwich		Frozen- Teriyaki Salmon	
	Jumbo Honey Bran Muffin		Frozen - Pulled Pork Bowl	
	Boston Cream Pie		Frozen- Scrambled eggs, hash browns & pork sausages	
	Rice Pudding			

Mon. March 9th	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	
	Banana Loaf	

Tues. March 10th	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	
	Banana Loaf	

Wed. March 11th	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	
	Banana Loaf	

Thurs. March	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Cabbage Rolls		Frozen- Taco Beef Bowl	
	Chicken Pesto Melt on Croissant		Frozen- Balsamic Chicken Thighs	
	ADD ONS- must accompany a meal			
	Sausage Breakfast Sandwich		Frozen- Cabbage Rolls	
	Loaded Baked Potato Mac & Cheese		Frozen - Creamy Pork Chop	
	4 Mini Chocolate Eclairs		Frozen- Western Omelette. Sausage & hashbrowns	
	Banana Loaf			

Mon. March 16th	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	

Tues. March 17th	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	

Wed. March 18th	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	

Thurs. March 19th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Veal Milano		Frozen- Salisbury Steak	
	Chicken Shawarma		Frozen- Chicken Parmesan	
	ADD ONS- must accompany a meal			
	Bacon Breakfast Sandwich		Frozen- Tortellini & Meat Sauce	
	Jumbo Blueberry Muffin		Frozen- Carved Ham	
	Chocolate Cake		Frozen- Pancakes, eggs, sausage breakfast	
	Fruit Salad Cup			

Mon. March 23rd	MEALS- includes soup & salad of the day	# to order
	Ham with Maple Pineapple Sauce	
	Crispy Orange Chicken Bowl	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Black Forest Cake	
	Apple Pie	
	Mac & Cheese	

Tues. March 24th	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	

Wed. March 25th	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	

Thurs. March 26th	MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
	Lemon Pepper Sole		Frozen- Rosemary Ribette	
	Beef Taco Wrap		Frozen- Orange Chicken Bowl	
	ADD ONS- must accompany a meal			
	Sausage Breakfast Sandwich		Frozen- Lemon Pepper Sole	
	Black Forest Cake		Frozen- Chili & Perogies	
	Apple Pie			
	Mac & Cheese		Frozen- French Toast, egg & bacon	

Mon. March 30th	MEALS- includes soup & salad of the day	# to order
	Chicken Souvlaki, pita & lemon potatoes	
	Swedish Meatballs	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Boston Cream Pie	
	Rice Pudding	
	Honey Bran Muffin	

Tues. March 31st	MEALS- includes soup & salad of the day	# to order
	Salisbury Steak	
	Beef Enchiladas	
	ADD ONS- must accompany a meal	
	Sausage Breakfast Sandwich	
	Boston Cream Pie	
	Rice Pudding	
	Honey Bran Muffin	

REGISTERED CLIENTS- Place order before February 15th to avoid delivery disruption.
 How to place order: Return completed sheet to driver, call 604-316-4047, online www.comserv.bc.ca/meals-on-wheels or email MOW@comserv.bc.ca
 **Items may be substituted with a similar item

MEALS \$9.25 each
 Hot Meals- include soup & salad of the day
 Frozen Meals- include soup of the day
 Breakfast Sandwich \$ 4.50
 Mac & Cheese \$5.00
 Jumbo Muffin \$3.00
 Dessert/Fruit Salad/Puddings \$4.50