



# Chilliwack Meals on Wheels

April 1-2, 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  
April 2 delivery

|  |  | Wednesday April 1  | Thursday April 2   |
|--|--|--|--|
|  |  |  <p>Country Sausage with<br/>sweet onion relish</p> |  <p>Creamy bacon Pork<br/>Chops</p> |
|  |  |  <p>Butter Chicken</p>                            |  <p>Steak Noodle Stir Fry</p>     |



Beef enchilada



Butter Chicken



Teriyaki Salmon

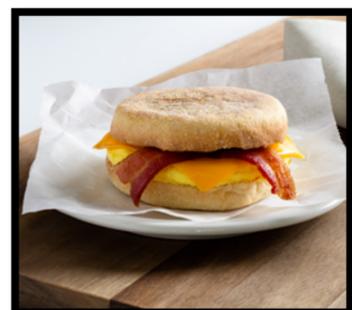


Pulled Pork Bowl



Scrambled eggs,  
hashbrowns & pork  
sausages

## Add ons (must accompany a meal)



Sausage Breakfast  
Sandwich \$4.50



Boston Cream Pie  
\$4.50



Rice Pudding  
\$4.50



Jumbo Honey  
Bran Muffin \$3.00



# Chilliwack Meals on Wheels

April 6-9, 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

April 9 delivery

| Monday April 6                    | Tuesday April 7   | Wednesday April 8  | Thursday April 9   |
|-----------------------------------|---|--|--|
| Happy Easter<br>No Delivery Today |   |   |   |
|                                   |  |  |  |



Beef Stew



Butter Chicken



Honey Garlic Meatballs



Lemon Pepper Sole



Sweet & Sour Pork

## Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Boston Cream Pie \$4.50



Fruit Salad \$4.50



Banana Loaf \$4.50



# Chilliwack Meals on Wheels

April 13-16, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday April 13

Tuesday April 14

Wednesday April 15

Thursday April 16



Lasagna & Garlic Toast



Orange Chicken, Chow Mein & Vegetables



Pork Medallions, Potatoes & Veg



Shepherds Pie & Biscuit



Fish & Chips



Loaded Mac&Cheese- Bacon, Gr. Onions, Cheese & Sour Cream



Apricot Chicken Thighs, sweet potato & broccoli



Chicken Pot Pie, mashed potatoes & gravy

## Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Apple Crisp \$4.50



Jumbo Blueberry Muffin \$3.00



Fruit Salad \$4.50



Tortellini & Meat Sauce



Veal Milano



Greek Chicken



Sweet & Sour Chicken



Pancakes, egg, sausage

## Frozen Meals

April 16



# Chilliwack Meals on Wheels

April 20-23, 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

April 23

Monday April 20

Tuesday April 21

Wednesday April 22

Thursday April 23



Spaghetti, Meat Sauce & Garlic Toast



Pancakes, sausage, scrambled eggs



Chicken Ceasar Bake, rice & veg



Teriyaki Salmon, potatoes & vegetables



BBQ Chicken Leg, potatoes & vegetables



Beef burger & fries



Meatloaf Dinner, potatoes & vegetables



Butter Chicken, Rice, Peas & Naan bread



Lasagna



Orange Chicken Bowl



Chicken Pot Pie



Shepherds Pie



Loaded Mac & Cheese

## Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Black Forest Cake \$4.50



Rice Pudding \$4.50



Mac & Cheese \$5.00



# Chilliwack Meals on Wheels

April 27-30, 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

April 30

Monday April 27



Broccoli & Cheese Quiche with veg

Tuesday April 28



Chili & Perogies

Wed April 29



Chicken Parmesean on noodles with garlic bun

Thursday April 30



Steak & Mushroom pie, potatoes, gravy & veg



Spaghetti & Meat Sauce



Teriyaki Salmon Dinner



Chicken & Cashew, Rice & Veg



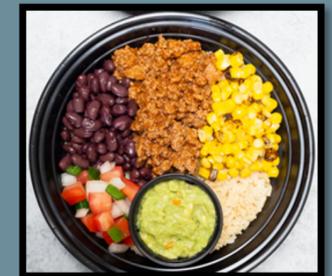
Salisbury Steak Dinner, potatoes, onions & veg



Braised Ribette, potatoes & carrots



Sweet & Sour pork, rice, pineapple & brccoli



Taco Beef Bowl

## Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Strawberry Cheese Cake \$4.50



Carrot Cake \$4.50



Mac & Cheese \$5.00



Sweet & Sour Chicken



Pork Medallions