

Name:



## Seniors Drop-In Room

Games, activities, free coffee/tea, soup & lunch  
Tuesday, Thursdays & Fridays 11am-3pm  
9181 Main Street suite 108  
604-316-6015

## Seniors Connect Cafe

Hosted by the Compassionate Neighbours Health Partner  
Society. Every Thursday.  
Register 604-798-2023

## From Kitchen to Community

Hosted by Fraser Health. Hot meals for seniors \$4.99.  
Chilliwack Hospital cafeteria. Served 4pm-5pm daily

## MOW IS NOW ACCEPTING NEW CLIENTS!

If you have a friend or a neighbour who is looking to join, tell  
them to call 604-316-4047 to register.

# JUNE Meals on Wheels

Place your Meals on Wheels order before May 15<sup>th</sup> to avoid  
disruptions in delivery. Email [mow@comserv.bc.ca](mailto:mow@comserv.bc.ca), call or text  
604-316-4047 or online [www.comserv.bc.ca/meals-on-wheels/](http://www.comserv.bc.ca/meals-on-wheels/)

**Meals on Wheels office hours Mon-Thurs 9am-2pm**  
**604-316-4047**

MEALS- includes soup & salad of the day	# to order
Broccoli & Cheese Quiche	
Chicken & Cashew Rice Bowl	
<b>ADD ONS- must accompany a meal</b>	
Sausage Breakfast Sandwich	
Strawberry Cheesecake	
Carrot Cake	
Mac & Cheese	

MEALS- includes soup & salad of the day	# to order
Spinach & Cheese Cannelloni, garlic toast	
Turkey Dinner, mashed potatoes & vegetables	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Bananna Bread	
Apple Crisp	
Fruit Salad Cup	

MEALS- includes soup & salad of the day	# to order
Sweet & Sour Chicken, rice & veg	
Lemon Pepper sole, rice & veg	
<b>ADD ONS- must accompany a meal</b>	
Sausage Breakfast Sandwich	
Bananna Bread	
Boston Cream Pie	
Fruit Salad Cup	

MEALS- includes soup & salad of the day	# to order
Meat Lasagna	
Fish & Chips	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Blueberry muffin	
Apple Crisp	
Fruit Salad	

MEALS- includes soup & salad of the day	# to order
Spaghetti & Meatsauce	
BBQ Chicken Leg	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Black Forest Cake	
Rice Pudding	
Mac & Cheese	

MEALS- includes soup & salad of the day	# to order
Chili & Perogies	
Salisbury Steak Dinner	
<b>ADD ONS- must accompany a meal</b>	
Sausage Breakfast Sandwich	
Strawberry Cheesecake	
Carrot Cake	
Mac & Cheese	

MEALS- includes soup & salad of the day	# to order
Turkey Patty Melt	
Honey Garlic Meatballs with rice & vegetables	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Bananna Bread	
Apple Crisp	
Fruit Salad Cup	

MEALS- includes soup & salad of the day	# to order
Tortellini & Meat Sauce	
Greek Chicken, Potatoes & Pita	
<b>ADD ONS- must accompany a meal</b>	
Sausage Breakfast Sandwich	
Bananna Bread	
Boston Cream Pie	
Fruit Salad Cup	

MEALS- includes soup & salad of the day	# to order
Orange Chicken Bowl	
Loaded Mac & Cheese Casserole	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Blueberry muffin	
Apple Crisp	
Fruit Salad	

MEALS- includes soup & salad of the day	# to order
Pancake, sausage, scrambled eggs	
Beef burger with fries	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Black Forest Cake	
Rice Pudding	
Mac & Cheese	

MEALS- includes soup & salad of the day	# to order
Chicken Parmesan on noodles	
Braised Boneless Ribs, potatoes, & carrots	
<b>ADD ONS- must accompany a meal</b>	
Sausage Breakfast Sandwich	
Strawberry Cheesecake	
Carrot Cake	
Mac & Cheese	

MEALS- includes soup & salad of the day	# to order
Lemon Pepper Sole with rice & vegetables	
Chicken Caesar Burger with veggie sticks	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Bananna Bread	
Apple Crisp	
Fruit Salad Cup	

MEALS- includes soup & salad of the day	# to order
French Toast, egg, sausage	
Veal Milano on noodles	
<b>ADD ONS- must accompany a meal</b>	
Sausage Breakfast Sandwich	
Bananna Bread	
Boston Cream Pie	
Fruit Salad Cup	

MEALS- includes soup & salad of the day	# to order
Pork Medallions, potatoes & veg	
Apricot Chicken Thighs	
<b>ADD ONS- must accompany a meal</b>	
Bacon Breakfast Sandwich	
Blueberry muffin	
Apple Crisp	
Fruit Salad	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Steak & Mushroom Pie		Frozen- Spaghetti & Meatsauce	
Sweet & Sour Pork Bowl		Frozen- Teriyaki Salmon	
<b>ADD ONS- must accompany a meal</b>			
Sausage Breakfast Sandwich		Frozen- Taco Beef Bowl	
Strawberry Cheesecake		Frozen- Sweet & Sour Pork	
Carrot Cake			
Mac & Cheese		Frozen- Pork Medallions	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Chicken & Waffles		Frozen- Chicken Parmesan	
Beef Stew with biscuit		Frozen- Sweet & Sour Pork	
<b>ADD ONS- must accompany a meal</b>			
Bacon Breakfast Sandwich		Frozen- Salisbury Steak	
Bananna Bread		Frozen - Pancakes, sausage & eggs	
Apple Crisp			
Fruit Salad Cup		Frozen- Butter Chicken	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Cabbage Rolls & Perogies		Frozen- Beef Stew	
Roast Beef & Cheddar Melt with fries		Frozen- Butter Chicken	
<b>ADD ONS- must accompany a meal</b>			
Sausage Breakfast Sandwich		Frozen- Honey Garlic Meatballs	
Bananna Bread		Frozen- Sweet & Sour Pork	
Boston Cream Pie			
Fruit Salad Cup		Frozen- Lemon Pepper Sole	

MEALS- includes soup & salad of the day	# to order	FROZEN MEALS- includes soup of the day	# to order
Shepherds Pie		Frozen- Tortellini & Meat Sauce	
Chicken Pot Pie		Frozen- Veal Milano	
<b>ADD ONS- must accompany a meal</b>			
Bacon Breakfast Sandwich		Frozen- Greek Chicken	
Blueberry muffin		Frozen- Sweet & Sour Pork	
Apple Crisp		Frozen- Pancake, sausage, scrambled eggs	
Fruit Salad			

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/ Banana Bread \$3.00  
 Dessert/Fruit Salad/Puddings \$4.50

Hot meals include soup & salad of the day  
 Frozen meals include soup of the day  
 Check if you **DO NOT** want:  
 Soup:  Salad: