



Chilliwack Meals on Wheels June 1-4, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday June 1



Broccoli & Cheese
Quiche with veg

Tuesday June 2



Chili & Perogies

Wednesday June 3



Chicken Parmesean on
noodles with garlic bun

Thursday June 4



Steak & Mushroom pie,
potatoes, gravy & veg



Chicken & Cashew,
Rice & Veg



Salisbury Steak Dinner,
potatoes, onions & veg



Braised Ribette, potatoes
& carrots



Sweet & Sour pork, rice,
pineapple & brccoli

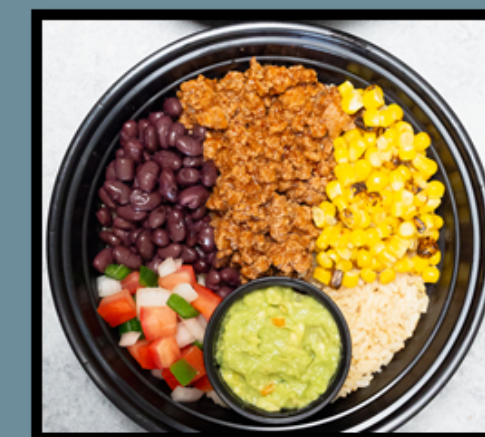
Frozen Meals June 4



Spaghetti & Meat
Sauce



Teriyaki Salmon Dinner



Taco Beef Bowl



Sweet & Sour Pork



Pork Medallions

Add ons (must accompany a meal)



Sausage Breakfast
Sandwich \$4.50



Strawberry Cheese
Cake \$4.50



Carrot Cake \$4.50



Mac & Cheese \$5.00



Chilliwack Meals on Wheels

June 8-11, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday June 8



Spinach & Cheese Canneloni with garlic toast

Tuesday June 9



Turkey Patty Melt

Wednesday June 10



Lemon Pepper Sole

Thursday June 11



Chicken & Waffles

Frozen Meals
June 11 delivery



Chicken Parmesan



Sweet & Sour Pork



Turkey Dinner



Honey Garlic Meatballs



Chicken Caesar Burger



Beef Stew with biscuit



Salisbury Steak



Pancakes, Sausage & Eggs

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



Butter Chicken



Chilliwack Meals on Wheels

June 15-18, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday June 15

Tuesday June 16

Wednesday June 17

Thursday June 18



Sweet & Sour Chicken



Tortellini & Meat Sauce with garlic bun



French Toast, eggs, sausage & syrup



Cabbage Rolls & perogies with sour cream



Lemon Pepper Sole



Greek Chicken, lemon potatoes, veggies, pita & tzatziki



Veal Milano, noodles & vegetables



Roastbeef & Cheddar Melt with fries

Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Banana Bread \$ 3.00



Boston Cream Pie \$4.50



Fruit Salad \$4.50

FROZEN MEALS

June 18 delivery



Beef Stew



Butter Chicken



Honey Garlic Meatballs



Sweet & Sour Pork



Lemon Pepper Sole











Chilliwack Meals on Wheels
June 22-25, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25
			
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 Pork



Pancakes, egg, sausage

Frozen Meals
June 25







Chilliwack Meals on Wheels
Jun 29-30, 2026

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday June 29	Tuesday June 30		
 <p>Spaghetti, Meat Sauce & Garlic Toast</p>	 <p>Pancakes, sausage, scrambled eggs</p>		
 <p>BBQ Chicken Leg, potatoes & vegetables</p>	 <p>Beef burger & fries</p>		

Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50

Black Forest Cake \$4.50

Rice Pudding \$4.50

Mac & Cheese \$5.00