



Chilliwack Meals on Wheels

MAY 4-7

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

FROZEN MEALS

May 7 delivery

Monday May 4

Tuesday May 5

Wednesday May 6

Thursday May 7



Spinach & Cheese Cannelloni



Turkey Patty Melt



Lemon Pepper Sole



Chicken & Waffles



Chicken Parmesan



Sweet & Sour Pork



Turkey Dinner



Honey Garlic Meatballs



Chicken Caesar Burger



Beef Stew & Biscuit



Salisbury Steak



Pancake, eggs, & sausages

Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Bananna Bread \$3.00



Apple Crisp \$4.50



Fruit Salad \$4.50



Butter Chicken



Chilliwack Meals on Wheels

MAY 11-14



Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

FROZEN MEALS

May 14 delivery

Monday May 11	Tuesday May 12	Wednesday May 13	Thursday May 14
 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)



Bacon Breakfast Sandwich \$4.50



Boston Cream Pie \$4.50



Fruit Salad \$4.50



Banana Loaf \$3.00



Beef Stew



Butter Chicken



Honey Garlic Meatballs



Sweet & Sour Chicken



Lemon Pepper Sole



Chilliwack Meals on Wheels

MAY 18-21

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Monday May 18

Tuesday May 19

Wednesday May 20

Thursday May 21

stat
holiday no
delivery
today



Orange Chicken, Chow Mein & Vegetables



Pork Medallions, Potatoes & Veg



Shepherds Pie & Biscuit



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



Apricot Chicken Thighs, sweet potato & broccoli



Chicken Pot Pie, mashed potatoes & gravy

Your paragraph text

Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Jumbo Blueberry Muffin \$3.00



Apple Crisp \$4.50



Fruit Salad \$4.50

Frozen Meals May 21



Tortellini & Meat Sauce



Veal Milano



Greek Chicken



Sweet & Sour Chicken



Pancakes, egg, sausage



Chilliwack Meals on Wheels

MAY 25-28

Meals \$9.25

All hot meals served with soup & salad of the day

All frozen meals served with soup of the day

Frozen Meals

May 28

Monday May 25



Spaghetti, Meat Sauce & Garlic Toast

Tuesday May 26



Pancakes, sausage, scrambled eggs

Wednesday May 27



Chicken Ceasar Bake, rice & veg

Thursday May 28



Teriyaki Salmon, potatoes & vegetables



Lasagna



Orange Chicken Bowl



BBQ Chicken Leg, potatoes & vegetables



Beef burger & fries



Meatloaf Dinner, potatoes & vegetables



Butter Chicken, Rice, Peas & Naan bread



Chicken Pot Pie

Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Mac & Cheese \$5.00



Black Forest Cake \$4.50



Rice Pudding \$4.50



Shepherds Pie



Loaded Mac & Cheese