



Chilliwack Meals on Wheels
July 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
July 2

		Wednesday July 1	Thursday June 4
			 Tuna Melt with pasta salad
			 Pesto Chicken Sandwich with pasta salad



Chicken Parmesan on noodles with garlic bun



Roasted Greek Drumsticks



New England Breaded Haddock



Loaded Mac & Cheese



Shepherd Pie

Add ons (must accompany a meal)



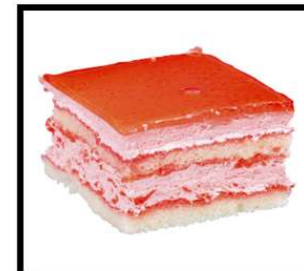
Sausage Breakfast Sandwich \$4.50



Jumbo Muffin \$3.00



Peach Cobbler \$4.50



Strawberry Mousse Cake \$4.50



Chilliwack Meals on Wheels
July 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

Monday July 6



**BBQ Ribette with
mashed potatoes & corn**

Tuesday July 7



**Egg Salad Sandwich
with potato salad**

Wednesday July 8



**Cheesy Ground
Beef Skillet**

Thursday July 9



**Pulled Pork
Sliders with fries**



**Talapia with lemon
orzo**



**Chicken Ceasar Wrap
with potato salad**



Chicken Pot Pie



**Chicken Burger with
fries**

Add ons (must accompany a meal)



**Sausage Breakfast
Sandwich \$4.50**



Banana Loaf \$3.00



**Carrot Cake
\$4.50**



**Lemon Meringue Pie
\$4.50**

**Frozen Meals
July 9 delivery**



Chicken Cordon Bleu



Coconut Chicken



Sweet & Sour Pork



**Beef Stuffed Pepper
Casserole**



Meatloaf Dinner



Chilliwack Meals on Wheels
July 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 July 13

Tuesday July 14

Wednesday July 15

Thursday July 16



Honey Dijon Pork Chops



Pancakes, egg, sausage



Beef Sandwich with veg & pickles



Beef Ravioli



Chicken Bacon Ranch Casserole



Turkey Dinner



Cold plate with crackers & dip



Sweet & Sour Pork

Add ons (must accompany a meal)



Sausage Breakfast Sandwich \$4.50



Jumbo Muffin \$ 3.00



3 Mini Bundt Cakes \$4.50



Ambrosia Salad \$4.50

FROZEN MEALS
 July 16 delivery



BBQ Beef Ribbette



Cheesy Ground Beef Skillet



Tilapia with orzo



Chicken Pot Pie



Pulled Pork Dinner



Chilliwack Meals on Wheels
July 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

Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23
 BBQ Chicken Thighs	 Spaghetti & Meatballs	 Pork Loin with potatoes & veg	 Orange Chicken Chow mein
 Beef & Broccoli	 Fish & Chips	 Chilidog with fries	 Cabbage Rolls & Perogies

Add ons (must accompany a meal)



Bacon Breakfast Sandwich
\$4.50



Banana Bread \$3.00



Tiramisu \$4.50



Yogurt Parfait \$4.50

Frozen Meals
July 23



Honey Dijon Pork Chop



Turkey Dinner



Chicken Bacon Casserole



Sweet & Sour Pork



Pancakes, egg, sausage



Chilliwack Meals on Wheels
July 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

Monday July 27	Tuesday July 28	Wed July 29	Thurs July 30
 Beef Dip & Fries	 Chicken Drumstick dinner	 Beef Burger with fries	 Shepherd Pie
 Chicken Parmesan	 Breaded Haddock Dinner	 Chicken Quesadilla	 Loaded Mac & Cheese

Frozen Meals
July 30



BBQ Chicken Thighs



Orange Chicken with Chow mein



Beef & Broccoli



Spaghetti & Meatballs



Pork Loin Dinner

Add ons (must accompany a meal)



Bacon Breakfast Sandwich \$4.50



Jumbo Muffin \$3.00



Blueberry Pie \$4.50



Chocolate Avalanche Cake \$4.50