



Meals subject to change without notice if necessary

Name: _____
 Tel: _____
 Address: _____
 Route #: _____

To order: call Meals on Wheels at 604-870-3764
 For more information, please visit our website,
www.archway.ca

October 2022

Meals On Wheels - Fresh Meal Menu – Cost \$8.00

Oct 3-6	Monday – 3 <i>Save On Foods</i>	Tuesday – 4 <i>Save On Foods</i>	Wednesday – 5 <i>Save On Foods</i>	Thursday – 6 <i>Save On Foods</i>
Main Course	Sweet thai chili meatballs with rice+veggies	Chicken pot pie + salad	Egg salad sandwich	Beef taco bowl
Side	Dessert	Dessert	Chicken noodle soup	Dessert
Oct 10- 13	Monday –10 <i>Save On Foods</i>	Tuesday – 11 <i>Save On Foods</i>	Wednesday – 12 <i>Save On Foods</i>	Thursday – 13 <i>Save On Foods</i>
Main Course	Sweet and sour pork with rice + chowmein	Mac and cheese + saald	Chicken salad sandwich	Spahetti with meatballs
Side	Dessert	Dessert	Broccoli cheddar soup	Dessert
Oct 17-20	Monday – 17 <i>Save On Foods</i>	Tuesday – 18 <i>Save On Foods</i>	Wednesday – 19 <i>Save On Foods</i>	Thursday – 20 <i>Save On Foods</i>
Main Course	Lasagna with salad	Metaballs with mashed potatoes	Turkey club sandwich	Chicken Caesar salad
Side	Dessert	Dessert	Chicken noodle soup	Dessert
Oct 24-27	Monday – 24 <i>Save On Foods</i>	Tuesday – 25 <i>Save On Foods</i>	Wednesday – 26 <i>Save On Foods</i>	Thursday – 27 <i>Save On Foods</i>
Main Course	Roast beef dinner + Mashed potatoes	Perogies and sausage	Ham and swiss sandwich	1 piece of chicken and potato salad
Side	Dessert	Dessert	Broccoli cheddar soup	Dessert
Oct 31 & Nov 1-3	Monday – 31 <i>Save On Foods</i>	Tuesday – 1 <i>Save On Foods</i>	Wednesday – 2 <i>Save On Foods</i>	Thursday – 3 <i>Save On Foods</i>
Main Course	Chicken cordon bleu + mashed potato and veggies	Ham with twice baked potato and veggies	Chili with a bun + salad	Lemon chicken with rice and chowmein
Side	Dessert	Dessert	dessert	Dessert

**** 48 hours’ notice for ordering fresh meals**

**** Monday orders must be placed or cancelled before 12.00 p.m. Thursday
 Cost \$8.00**

****Delivery Monday to Thursday 9:00am to 11:30am CLOSED FRIDAY and Stat holidays**

Meals provided by

Sponsored in Part by





Frozen Meals provided by: Elite Foods

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www.archway.ca or call Meals
 call Meals on Wheels at **604-870-3764**.

2022

MEALS ON WHEELS - FROZEN MEAL MENU

Full Dinner Entrees \$8		
1__ Liver and Onions – Tender pieces of liver topped with fried onions. Comes with mashed potatoes/gravy and carrots.		
2__ Braised Pork Steak Dinner – Pork steak slow simmered in mushroom sauce with parsley potatoes and mixed vegetables.		
3__ Pork Sausage Dinner – Jumbo sized pork sausages with gravy, mashed potatoes and yellow beans.		
4__ Baked Ham and Pineapple Dinner – Baked ham and pineapple sauce, scalloped potatoes, and carrots.		
5__ Roast Beef Dinner – Roasted beef with mashed potatoes, gravy, and carrots.		
6__ Salisbury Steak Dinner – Salisbury steak with mashed potatoes, gravy, and carrots.		
7__ Tortiere Meat Pie Dinner – French Canadian meat pie with mashed potatoes and green beans.		
8__ Beef Sausage Dinner – Jumbo beef sausages with mashed potatoes, gravy, and peas.		
9__ Roast Chicken Dinner – Roasted dark chicken with mashed potatoes, gravy, and carrots.		
10__ Oven Baked Chicken Breast – Chicken breast with mashed potatoes, gravy, and peas/carrots.		
11__ Chicken Cordon Bleu – Stuffed chicken breast with mashed potatoes, gravy, and peas/carrots.		
12__ Lemon Herb Breaded Sole Fillet – Baked sole with rice pilaf and carrots.		
13__ Baked Cod – Cod baked in a lemon dill sauce with rice pilaf and vegetable medley.		
14__ Grilled Salmon Dinner – Salmon steak with rice pilaf and peas.		
15__ Homestyle meatloaf – Meatloaf with mashed potatoes, gravy, and corn.		
Casseroles (1 pound each) \$8		
1__ Ground Beef Stroganoff	2__ Swedish Meatballs	3__ Shepherd's Pie
4__ Chili Con Carne	5__ Spaghetti and Meat Sauce	6__ Macaroni Beef and Tomato
7__ Beef Pot Pie	8__ Beef Stew	9__ Beef Lasagna
10__ Beef Potato & Gravy Bowl	11__ Turkey Potato & Gravy Bowl	12__ Chicken a la King
13__ Chicken & Broccoli Casserole	14__ Chicken Stew & Dumplings	15__ Chicken Pot Pie
16__ Sweet and Sour Pork	17__ Ginger Beef	18__ Teriyaki Chicken Bowl
19__ Chicken Chow Mein	20__ Creamy Macaroni & Cheese	
Soups (500 ml each) \$3.50		
1__ Beef Barley with Vegetables	2__ Split Pea & Ham	3__ Cream of Tomato
4__ Chicken Noodle	5__ Garden Fresh Vegetable	
Desserts \$3.50		
1__ Rice Pudding	2__ Apple Crisp	3__ Country Orange Cake
4__ Carrot Cake	5__ Bran Muffin	6__ Blueberry Muffin
7__ Assorted Cookie	8__ Apple Crisp (Diabetic)	9__ Butter Tart

Delivery: Every Wednesday, or pick-up. Call 604-870-3764 to order

Please Give Four (4) Days' Notice!