



Meals on Wheels

To order, please call: 604-870-3764

E-mail: Mealsonwheels@archway.ca

For more information, please visit our website, www.archway.ca

Meals subject to change without notice if necessary.

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

**** Frozen orders must be placed or cancelled before - 12PM Thursday ****

Daily Delivery: Mon-Thurs 9:30am - 11:30am | **CLOSED:** Fridays & Stat Holidays

March 2024

Daily Fresh Meal Menu \$8.00 each

MONDAY 4 TH SAVE ON FOODS	TUESDAY 5 TH SAVE ON FOODS	WEDNESDAY 6 TH SAVE ON FOODS	THURSDAY 7 TH SAVE ON FOODS
Main: Mac & Cheese Side: Dessert	Main: Chicken Caesar Salad Side: Dessert	Main: Egg Salad Sandwich Side: Chicken Noodle Soup	Main: Meatballs, mashed potatoes, veggies & gravy Side: Dessert
MONDAY 11 TH SAVE ON FOODS	TUESDAY 12 TH SAVE ON FOODS	WEDNESDAY 13 TH SAVE ON FOODS	THURSDAY 14 TH SAVE ON FOODS
Main: Lasagna w/ small salad Side: Dessert	Main: Chicken Alfredo Side: Dessert	Main: Turkey & Cranberry Sandwich Side: Tomato Soup	Main: 1pc. Crispy Chicken & Potato Salad Side: Dessert
MONDAY 18 TH SAVE ON FOODS	TUESDAY 19 TH SAVE ON FOODS	WEDNESDAY 20 TH SAVE ON FOODS	THURSDAY 21 ST SAVE ON FOODS
Main: Beef Taco Bowl Side: Dessert	Main: Sweet & Sour pork w/ rice & chow mien Side: Dessert	Main: Ham & Swiss Sandwich Side: Potato Bacon Soup	Main: Chicken Pot Pie Side: Dessert
MONDAY 25 TH SAVE ON FOODS	TUESDAY 26 TH SAVE ON FOODS	WEDNESDAY 27 TH SAVE ON FOODS	THURSDAY 28 TH SAVE ON FOODS
Main: Perogies and sausage Side: Dessert	Main: Chicken Breast w/ twice baked potato Side: Dessert	Main: Chicken Salad Sandwich Side: Broccoli Cheddar Soup	Main: Salt and pepper chicken wings & coleslaw Side: Dessert

Important: Monday, April 1st is a holiday (Easter Monday).

Meals on Wheels will be **closed**.

Meals scheduled for Monday will be delivered on **Thursday March 28th**

April 1st
meal delivery
Ham Dinner
&
Dessert

Sponsored in part by



Frozen Meal Menu

Frozen meals provided by: Elite foods

Meals on Wheels 604-870-3764 | Monday – Thursday: 7:30am – 3pm

Full Dinner Entrees \$8.25 each

Delivered: Every Wednesday

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 sausage with mashed potatoes, gravy and peas
9: Roast Chicken Dinner - Roasted dark chicken with mashed potatoes, gravy and carrots.
10: Turkey Cutlet - mashed potatoes with gravy & carrots
11: Chicken Cordon Bleu - Stuffed chicken breast with mashed potatoes, gray, peas and 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: Pork Cutlet - Mashed potatoes with gravy & butternut squash
15: Homestyle Meatloaf - Meatloaf with mashed potatoes, gravy and corn.

Casseroles (1 pound each) \$8.25 each

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 and gravy bowl	11: Turkey potatoes and gravy bowl	12: Chicken a la king
13: Chicken and broccoli casserole	14: Chicken stew and dumplings	15: Chicken Pot Pie	16: Sweet and sour pork
17: Ginger beef	18: Teriyaki chicken bowl	19: Chicken chow Mein	20: Creamy macaroni and cheese

Soups (500ml) \$4.25 each

1: Beef barely with vegetables	2: Split pea and ham	3: Cream of tomato
4: Chicken noodle	5: Garden fresh vegetable	

Desserts \$4.25 each

1: Rice puddings	2: Apple crisp	3: Country orange cake
4: Carrot cake	5: Bran muffin	6: Blueberry muffin
7: Assorted cookie	8: Butter tart	