

Meals on Wheels

Email: Mealsonwheels@archway.ca | **Telephone:** 604-870-3764

For more information, please visit our website www.archway.ca/program/meals-on-wheels/

Delivery Information

Daily Fresh Delivery: Mon - Thurs 9:30am - 11:30am

Frozen Meal Delivery: Wednesdays 9:30am - 11:30am

Office Closed: Fridays & Stat Holidays

We do not deliver on: Friday, Saturday, Sunday

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

September 2024

Daily Fresh Meal Menu | \$8.00 each

MONDAY 2 ND SAVE ON FOODS	TUESDAY 3 RD SAVE ON FOODS	WEDNESDAY 4 TH SAVE ON FOODS	THURSDAY 5 TH SAVE ON FOODS
CLOSED Labour Day	Main: French Toast & Cheese Omelette Side: Dessert	Main: Chicken Salad Sandwich Side: Tomato soup Side: Dessert	Main: Beef Taco Bowl Side: Dessert
MONDAY 9 TH SAVE ON FOODS	TUESDAY 10 TH SAVE ON FOODS	WEDNESDAY 11 TH SAVE ON FOODS	THURSDAY 12 TH SAVE ON FOODS
Main: Chicken Pot Pie Side: Dessert	Main: Lemon Chicken, rice & chowmein Side: Dessert	Main: Turkey & Cranberry Sandwich Side: Chicken Noodle Soup Side: Dessert	Main: Chicken Aldredo Side: Dessert
MONDAY 16 TH SAVE ON FOODS	TUESDAY 17 TH SAVE ON FOODS	WEDNESDAY 18 TH SAVE ON FOODS	THURSDAY 19 TH SAVE ON FOODS
Main: Chicken Caesar Salad Side: Dessert	Main: Meatballs, Mashed potatoes, gravy & veggies Side: Dessert	Main: Egg Salad Sandwich Side: Broccoli Cheddar Soup Side: Dessert	Main: 1 pc. Crispy Chicken with potato salad Side: Dessert
MONDAY 23 RD SAVE ON FOODS	TUESDAY 24 TH SAVE ON FOODS	WEDNESDAY 25 TH SAVE ON FOODS	THURSDAY 26 TH SAVE ON FOODS
Main: Greek Chicken, rice & greek salad Side: Dessert	Main: Sweet & Sour Pork, rice and chowmein Side: Dessert	Main: Chili, cheese bun & small salad Side: Dessert	Main: Perogies and sausage Side: Dessert
MONDAY 30 TH SAVE ON FOODS	OCTOBER TUESDAY 1 ST SAVE ON FOODS	WEDNESDAY 2 ND SAVE ON FOODS	THURSDAY 3 RD SAVE ON FOODS
Main: Penne, Meatballs & Marinara Side: Dessert	Main: Lasagna & Small Salad Side: Dessert	Main: Roast Beef Sandwich Side: Dessert Side: Potato Bacon Soup	Main: Salt & Pepper Chicken Wings & Coleslaw Side: Dessert



Holiday Meal: Creamy Mac & Cheese

Delivered: Aug 26th - 29th week

Sponsored in part by



FROZEN MEAL MENU

Tabor Village

Entrees

\$8.25 Each

#101- Rosemary Chicken
with red potatoes and asparagus,
corn & red peppers

#102 - Roast turkey
with cranberry stuffing and
roasted Brussel sprout mix.

#103 - Chicken cutlet
in mushroom gravy, parsley
buttered noodles, peas.

#104 - Pesto chicken
with scalloped potatoes squash

#105 - Veal Parmigiana
baked potato, French green beans.

#106 - Braised beef
mashed potato, mexican
vegetables and Yorkshire
pudding

#107 - Meatloaf
mashed potato and buttered
carrots

#108 - Lemon butter Salmon
spinach rice and mixed
vegetables

Vegetarian Options

\$8.25 Each

#109 - Crispy tofu
and veggie stir-fry with
sesame noodles

#110 - Tuscan Lasagna
with sunrise vegetables and
garlic bread

#111 - Mac and Cheese
with fall medley vegetables

Placing an order

By phone: 604-870-3764

By e-mail: Mealsonwheels@archway.ca

Frozen Meal Delivery Days & times:

Every Wednesdays

Between: 9:30am - 11:30am

Office Hours:

Monday- Thursday

8am - 3pm

Please place orders by Thursday
before 12pm for
following Wednesday delivery

*Deliveries - Free of charge
Pick-up available after 10am*

Archway
Community Services

2420 Montrose Ave
Abbotsford, BC
V2S 3S9