

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: Friday - Sunday & 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 on Thursdays

Unable to accommodate substitutions for Daily Fresh or Frozen Meals

Deadline by 12PM for Frozen Meal Orders & Daily Fresh Meals for Dec 16th Week Deliveries

December 2024

Daily Fresh Meal Menu | \$8.00 per meal

Includes: Delivery, Main Meal, Side, Dessert

Meals On Wheels will be **closed** from **December 23rd - Jan 2nd**. Resuming regular business hours on Monday, January 6th.

Monday | 2nd

Save On Foods

Main: Ginger Beef with Rice & Chow Mein

Side: Dessert

Tuesday | 3rd

Save On Foods

Main: Salt & Pepper Chicken Wings w/ Coleslaw

Side: Dessert

Wednesday | 4th

Save On Foods

Main: Turkey Sandwich & Chicken Noodle Soup

Side: Dessert

Thursday | 5th

Save On Foods

Main: Spaghetti & Meatballs

Side: Dessert

Double Meals

Meals for **December 23rd to 26th** will be delivered from the 9th - 12th. Please checkmark if you would like these meals.

Monday | 9th

Save On Foods

Main: Chef's Salad
Side: Dessert

Closed | 23rd

Main: Chicken Taco Bowl
Side: Dessert

Yes, please send 23rd meal on 9th

Tuesday | 10th

Save On Foods

Main: Lasagna & Small Salad
Side: Dessert

Closed | 24th

Main: Thai Chili Meatballs w/ Rice & Veggies
Side: Dessert

Yes, please send 24th meal on 10th

Wednesday | 11th

Save On Foods

Main: Ham & Swiss Sandwich & Potato Bacon Soup
Side: Dessert

Closed | 25th

Main: Egg Salad Sandwich & Tomato Soup
Side: Dessert

Yes, please send 25th meal on 11th

Thursday | 12th

Save On Foods

Main: Chicken Alfredo
Side: Dessert

Closed | 26th

Main: Chilli & Cheese, Bun & Small Salad
Side: Dessert

Yes, please send 26th meal on 12th

Double Meals

Meals for **December 30th to January 2nd** will be delivered from the 16th - 20th. Please checkmark if you would like these meals.

Monday | 16th

Save On Foods

Main: Chef's Salad
Side: Dessert

Closed | 30th

Main: Creamy Mac & Cheese
Side: Dessert

Yes, please send 30th meal on 16th

Tuesday | 17th

Save On Foods

Main: Lasagna & Small Salad
Side: Dessert

Closed | 31st

Main: Chicken Pot Pie
Side: Dessert

Yes, please send 31st meal on 17th

Wednesday | 18th

Save On Foods

Main: Ham & Swiss Sandwich & Potato Bacon Soup
Side: Dessert

Closed | Jan 1st

Main: Chicken Salad Sandwich & Cheddar Broccoli Soup
Side: Dessert

Yes, please send Jan 1st meal on 18th

Thursday | 19th

Save On Foods

Main: Chicken Alfredo
Side: Dessert

Closed | Jan 2nd

Main: Lemon Chicken w/ Rice & Chow Mein
Side: Dessert

Yes, please send Jan 2nd meal on 19th

Sponsored in part by

Meals On Wheels

Frozen Meals

Please circle which date you would like this order delivered

December 4th

December 6th

December 11th

December 13th

December 18th

December 20th

Please give the completed form to the delivery driver on your next scheduled delivery or call and place the order **604-870-3764** or e-mail order **Mealsonwheels@archway.ca**

ENTREES | \$8.25 EACH

PLEASE INDICATE QUANTITY

- #1: Liver and onions
- #2: Braised pork steak
- #3: Pork Sausage Dinner
- #4: Baked ham and pineapple
- #5: Roast beef
- #6: Salisbury Steak
- #7: Tourtiere meat pie
- #8: Beef Sausage Dinner
- #9: Roast chicken
- #10: Turkey Cutlet
- #11: Chicken cordon bleu
- #12: Lemon sole
- #13: Baked cod
- #14: Pork Cutlet
- #15: Homestyle meatloaf

CASSEROLES | \$8.25 EACH 1 POUND

PLEASE INDICATE QUANTITY

- #1: Ground beef stroganoff
- #2: Swedish Meatballs
- #3: Shepherds Pie
- #4: Chili Con Carne
- #5: Spaghetti and meat sauce
- #6: Macaroni Beef and tomato
- #7: Beef Pot Pie
- #8: Beef lasagna
- #9: Beef potato and gravy bowl
- #10: Turkey potatoes and gravy bowl
- #11: Chicken a la king
- #12: Chicken and broccoli
- #13: chicken stew and dumplings
- #14: Chicken pot pie
- #15: Sweet and Sour Pork
- #16: Ginger Beef
- #17: Teriyaki Chicken Bowl
- #18: Chicken chow mien
- #19: Creamy mac and cheese

How To Order

By phone: 604-870-3764

By e-mail: Mealsonwheels@archway.ca

Deadline for last frozen orders

- December 12th, by 12pm

Delivery Dates:

- December 4th, 6th, 11th, 13th, 18th, 20th

Delivery Time:

- 9:30am - 11:30am