

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

 **Frozen & Daily Fresh deliveries**
Between 9:30am - 11:30am

 **Orders in by 12PM**
For next week deliveries

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

January

Daily Fresh Meal Menu | \$8.50 per meal

Includes: Delivery, Main Meal, Side, Dessert

<p>Monday 6th <i>Save On Foods</i></p> <p>Main: Turkey w/mashed potato, stuffing, veggies & gravy</p> <p>Side: Dessert</p>	<p>Tuesday 7th <i>Save On Foods</i></p> <p>Main: Chicken Alfredo</p> <p>Side: Dessert</p>	<p> Wednesday 8th <i>Save On Foods</i></p> <p>Main: Ham & Swiss Sandwich</p> <p>Soup: Potato Bacon</p> <p>Side: Dessert</p>	<p> Thursday 9th <i>Save On Foods</i></p> <p>Main: Sweet & Sour Pork w/rice & chowmein</p> <p>Side: Dessert</p>
<p>Monday 13th <i>Save On Foods</i></p> <p>Main: Ham Dinner, mashed potato, veggies & gravy</p> <p>Side: Dessert</p>	<p>Tuesday 14th <i>Save On Foods</i></p> <p>Main: Salt & Pepper chicken wings w/coleslaw</p> <p>Side: Dessert</p>	<p> Wednesday 15th <i>Save On Foods</i></p> <p>Main: Turkey Sandwich</p> <p>Soup: Tomato</p> <p>Side: Dessert</p>	<p> Thursday 16th <i>Save On Foods</i></p> <p>Main: Creamy Mac & Cheese</p> <p>Side: Dessert</p>
<p>Monday 20th <i>Save On Foods</i></p> <p>Main: Crispy Chicken w/ potato salad</p> <p>Side: Dessert</p>	<p>Tuesday 21st <i>Save On Foods</i></p> <p>Main: Chicken Pot Pie</p> <p>Side: Dessert</p>	<p> Wednesday 22nd <i>Save On Foods</i></p> <p>Main: Egg Salad Sandwich</p> <p>Soup: Chicken Noodle</p> <p>Side: Dessert</p>	<p> Thursday 23rd <i>Save On Foods</i></p> <p>Main: Lemon Chicken rice & chowmein</p> <p>Side: Dessert</p>
<p>Monday 27th <i>Save On Foods</i></p> <p>Main: Greek Chicken w/rice & Greek Salad</p> <p>Side: Dessert</p>	<p>Tuesday 28th <i>Save On Foods</i></p> <p>Main: Chefs Salad</p> <p>Side: Dessert</p>	<p> Wednesday 29th <i>Save On Foods</i></p> <p>Main: Roast Beef Sandwich</p> <p>Soup: Cheddar & Broccoli</p> <p>Side: Dessert</p>	<p> Thursday 30th <i>Save On Foods</i></p> <p>Main: Lasagna w/ small salad</p> <p>Side: Dessert</p>

Sponsored in part by

Meals On Wheels

Frozen Meal Menu

Frozen Meals Delivered: Every Wednesday between 9:30am - 11:30am

Mae's Elite Foods

ENTREES | \$8.75 EACH

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

CASSEROLES | \$8.75 EACH

1 POUND

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

Tabor Village

ENTREES | \$8.75 EACH

****Availability - Late January****

- ##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
- #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

Please place orders by

Every Thursday **before 12pm** for
following Wednesday delivery

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

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without notice if
necessary