

Meals on Wheels

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

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

Meals subject to change without notice if necessary

48 hours' notice for ordering fresh meals



Orders in by 12PM

For next week deliveries

Frozen orders must be placed or cancelled before - 12pm on Thursdays

Unable to accommodate substitutions for Daily Fresh

March

Daily Fresh Meal Menu | \$8.50 per meal

Desserts are provided based on daily availability - Muffins, cookies, Date squares, pie slices, scones, etc.

<p>Monday 3rd <i>Save On Foods</i></p> <p>Main: Lemon Chicken rice & chowmein</p> <p>Dessert</p>	<p>Tuesday 4th <i>Save On Foods</i></p> <p>Main: Chefs Salad</p> <p>Dessert</p>	<p> Wednesday 5th <i>Save On Foods</i></p> <p>Main: Turkey & cranberry Sandwich</p> <p>Soup: Tomato</p> <p>Dessert</p>	<p> Thursday 6th <i>Save On Foods</i></p> <p>Main: Chicken Breast w/ Mashed potatoes, gravy & veggies</p> <p>Dessert</p>
<p>Monday 10th <i>Save On Foods</i></p> <p>Main: Penne & meatballs</p> <p>Dessert</p>	<p>Tuesday 11th <i>Save On Foods</i></p> <p>Main: Chili w/ cheese, bun & small salad</p> <p>Dessert</p>	<p> Wednesday 12th <i>Save On Foods</i></p> <p>Main: Egg salad sandwich</p> <p>Soup: Chicken Noodle</p> <p>Dessert</p>	<p> Thursday 13th <i>Save On Foods</i></p> <p>Main: Lasagna w/ small salad</p> <p>Dessert</p>
<p>Monday 17th <i>Save On Foods</i></p> <p>Main: Chicken Pot Pie</p> <p>Dessert</p>	<p>Tuesday 18th <i>Save On Foods</i></p> <p>Main: Chicken Alfredo</p> <p>Dessert</p>	<p> Wednesday 19th <i>Save On Foods</i></p> <p>Main: Ham & Swiss Sandwich</p> <p>Soup: Potato Bacon</p> <p>Dessert</p>	<p> Thursday 20th <i>Save On Foods</i></p> <p>Main: Perogies w/ bacon or sausage</p> <p>Dessert <i>Bacon/Sausage-based on daily availability</i></p>
<p>Monday 24th <i>Save On Foods</i></p> <p>Main: Meatballs w/ mashed potatoes, gravy & veggies</p> <p>Dessert</p>	<p>Tuesday 25th <i>Save On Foods</i></p> <p>Main: Crispy chicken w/ potato salad</p> <p>Dessert</p>	<p> Wednesday 26th <i>Save On Foods</i></p> <p>Main: Chicken Salad Sandwich</p> <p>Soup: Broccoli Cheddar</p> <p>Dessert</p>	<p> Thursday 27th <i>Save On Foods</i></p> <p>Main: Creamy Mac & Cheese</p> <p>Dessert</p>

Sponsored in part by

Meals on Wheels

Frozen Meal Menu

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

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

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

To Place an order:

By Phone: 604-870-3764

By Email: Mealsonwheels@archway.ca

Place Frozen Order By:

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

Pick-up Location:

Archway Community Services
2420 Montrose Avenue
Abbotsford, B.C

Pick-up: available after **10am**

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 Casserole

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|-------------------------------------|--|--|
| #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 Vilage

ENTREES | \$8.75 EACH

****Limited Stock available****

- ##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 Frozen Meals

- #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