

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



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 accomodate substiutions for Daily Fresh

April Daily Fresh Meal Menu | \$8.50 per meal

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

Monday 31st Save On Foods Main: Sweet & Sour Pork Dessert	Tuesday 1st Save On Foods Main: Chicken Alfredo Dessert	 Wednesday 2nd Save On Foods Main: Roast Beef Sandwich Soup: Tomato Dessert	 Thursday 3rd Save On Foods Main: Salt & Pepper Chicken Wings w/Coleslaw Dessert
Monday 7th Save On Foods Main: Meatballs w/ mashed potatoes, gravy & veggies Dessert	Tuesday 8th Save On Foods Main: Greek Chicken w/Rice & Greek Salad Dessert	 Wednesday 9th Save On Foods Main: Tuna Salad sandwich Soup: Chicken Noodle Dessert	 Thursday 10th Save On Foods Main: Chef Salad Dessert
Monday 14th Save On Foods Main: Chicken Pot Pie Dessert	Tuesday 15th Save On Foods Main: Crispy chicken w/ potato salad Dessert	 Wednesday 16th Save On Foods Main: Turkey & Cranberry Sandwich Soup: Broccoli Cheddar Dessert	 Thursday 17th Save On Foods Main: Ginger Beef w/rice & chowmein Dessert <i>Bacon/Sausage-based on daily availability</i>
Monday 21st Save On Foods **Closed** Main: Creamy Mac & Cheese & Dessert Meal sent on 14th	Tuesday 22nd Save On Foods Main: Thai Chili Meatballs w/rice & veggies Dessert	 Wednesday 23rd Save On Foods Main: Ham & Swiss Sandwich Soup: Potato Bacon Dessert	 Thursday 24th Save On Foods Main: Perogies w/sausage crumble Dessert
Monday 28th Save On Foods Main: Lemon Chicken w/rice & chowmein Dessert	Tuesday 29th Save On Foods Main: Chicken Dinner w/mashed potatoes, gravy & veggies Dessert	 Wednesday 30th Save On Foods Main: Egg Salad Sandwich Soup: Tomato Dessert	 Thursday May 1st Save On Foods Main: Chicken Caesar Salad Dessert

Meals on Wheels

Frozen Meal Menu

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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

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|------------------------------------|--------------------------------|---------------------------------|
| #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 Village

ENTREES | \$8.75 EACH

****Limited Stock available****

- #101-** Rosemary Chicken with red potatoes and asparagus, corn & red peppers
- #103 -** Chicken cutlet in mushroom gravy, parsley buttered noodles, peas.
- #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

Vegetarian Frozen Meals

- #109 -** Crispy tofu and veggie stir-fry with sesame noodles
- #111 -** Mac and Cheese with fall medley vegetables