

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

May

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 5th <i>Save On Foods</i></p> <p>Main: Chicken Taco Bowl w/Rice & veggies</p> <p>Dessert</p>	<p>Tuesday 6th <i>Save On Foods</i></p> <p>Main: Penne & Meatballs</p> <p>Dessert</p>	<p> Wednesday 7th <i>Save On Foods</i></p> <p>Main: Roast Beef Sandwich</p> <p>Soup: Corn Chowder</p> <p>Dessert</p>	<p> Thursday 8th <i>Save On Foods</i></p> <p>Main: Perogies w/sausage crumble</p> <p>Dessert</p>
<p>Monday 12th <i>Save On Foods</i></p> <p>Main: Lasagna w/ small salad</p> <p>Dessert</p>	<p>Tuesday 13th <i>Save On Foods</i></p> <p>Main: Chicken Alfredo</p> <p>Dessert</p>	<p> Wednesday 14th <i>Save On Foods</i></p> <p>Main: Chili w/cheese & Bun w/small salad</p> <p>Dessert</p>	<p> Thursday 15th <i>Save On Foods</i></p> <p>Main: Crispy chicken w/ potato salad</p> <p>Dessert</p>
<p>Monday 19th <i>Save On Foods</i></p> <p>VICTORIA DAY CLOSED</p>	<p>Tuesday 20th <i>Save On Foods</i></p> <p>Main: Greek Chicken w/rice & greek salad</p> <p>Dessert</p>	<p> Wednesday 21st <i>Save On Foods</i></p> <p>Main: Ham & Swiss Sandwich</p> <p>Soup: Potato Bacon</p> <p>Dessert</p>	<p> Thursday 22nd <i>Save On Foods</i></p> <p>Main: Ginger Beef w/rice & chowmein</p> <p>Dessert <i>Bacon/Sausage-based on daily availability</i></p>
<p>Monday 26th <i>Save On Foods</i></p> <p>Main: Salt & Pepper wings w/ coleslaw</p> <p>Dessert</p>	<p>Tuesday 27th <i>Save On Foods</i></p> <p>Main: Thai Chili Meatballs w/rice & veggies</p> <p>Dessert</p>	<p> Wednesday 28th <i>Save On Foods</i></p> <p>Main: Chicken Salad Sandwich</p> <p>Soup: Broccoli Cheddar</p> <p>Dessert</p>	<p> Thursday 29th <i>Save On Foods</i></p> <p>Main: Chefs Salad</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

#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

NEW

#16: Smoked Turkey Dinner

#17: Roasted Turkey Dinner

#18: Chicken Adobo (Filipino juicy, tender chicken)

#19: Pork Adobo (Filipino juicy, tender pork belly)

#20: Chicken Fettuccine Alfredo

#21: Shrimp Fettuccine Alfredo

#22: Fish & Chips

CASSEROLES | \$8.75 EACH

1 Pound Casserole

#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

NEW

#20: BBQ Pork Fried Rice

#21: Chinese BBQ Pork Fried Rice

#22: Pork Chow Mein

#23: Mechado (Filipino Beef Stew)

#24: Lentil Stew w/Mushrooms

#25: Lentil Stew

#26: Chicken Chow mein

Tabor Vilage

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