

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.

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

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

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

- #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

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