

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

December Daily Fresh Meal Menu | \$8.50 per meal

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

Sponsored in part by





Monday 1st <i>Save On Foods</i> Main: Perogies Dessert	Tuesday 2nd <i>Save On Foods</i> Main: Butter Chicken with rice Dessert	 Wednesday 3rd <i>Save On Foods</i> Main: Roast beef sandwich soup: Chicken noodle soup Dessert	 Thursday 4th <i>Save On Foods</i> Main: Macaroni and cheese Dessert
Monday 8th <i>Save On Foods</i> Main: Chicken Dinner with mashed potatoes Dessert	Tuesday 9th <i>Save On Foods</i> Main: Penne with marinara and chicken Dessert	 Wednesday 10th <i>Save On Foods</i> Main: Chicken salad sandwich Soup: Broccoli cheddar soup Dessert	 Thursday 11th <i>Save On Foods</i> Main: Chili with cheese a bun and a small salad Dessert
Monday 15th <i>Save On Foods</i> Main: Thai chili meatballs Dessert	Tuesday 16th <i>Save On Foods</i> Main: Crispy chicken with potato salad Dessert	 Wednesday 17th <i>Save On Foods</i> Main: Tuna salad sandwich Soup: Tomato soup Dessert	 Thursday 18th <i>Save On Foods</i> Main: Chicken pot pie Dessert
Monday 22nd <i>Save On Foods</i> Main: Lemon chicken with rice and chowmein Dessert	Tuesday 23rd <i>Save On Foods</i> Main: Chef salad Dessert	 Wednesday 24th <i>Save On Foods</i> CHRISTMAS EVE	 Thursday 25th <i>Save On Foods</i> CHRISTMAS
Monday 29th CLOSED	Tuesday 30th CLOSED	Wednesday 31st <i>Save On Foods</i> NEW YEARS EVE	<i>Save On Foods</i> NEW YEARS DAY

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Unable to accommodate substitutions for Daily Fresh

January Daily Fresh Meal Menu | \$8.50 per meal

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

Sponsored in part by

Monday 5th <i>Save On Foods</i> Main: Lemon chicken with rice Dessert	Tuesday 6th <i>Save On Foods</i> Main: Chef salad Dessert	Wednesday 7th <i>Save On Foods</i> Main: Ham and Swiss sandwich soup: Potato bacon soup Dessert	Thursday 8th <i>Save On Foods</i> Main: Meatballs with gravy potatoes and veggies Dessert
Monday 12th <i>Save On Foods</i> Main: Crispy chicken with potato salad Dessert	Tuesday 13th <i>Save On Foods</i> Main: Butter chicken with rice Dessert	Wednesday 14th <i>Save On Foods</i> Main: Turkey sandwich Soup: Broccoli cheddar soup Dessert	Thursday 15th <i>Save On Foods</i> Main: Penne with meat sauce Dessert
Monday 19th <i>Save On Foods</i> Main: Chicken pot pie Dessert	Tuesday 20th <i>Save On Foods</i> Main: Perogies Dessert	Wednesday 21st <i>Save On Foods</i> Main: Roast beef sandwich Soup: Tomato soup Dessert	Thursday 22nd <i>Save On Foods</i> Main: Sweet and sour pork with rice and chowmein Dessert
Monday 26th <i>Save On Foods</i> Main: Macaroni and cheese Dessert	Tuesday 27th <i>Save On Foods</i> Main: Chicken dinner with potatoes gravy and veggies Dessert	Wednesday 28th <i>Save On Foods</i> Main: Egg salad sandwich Soup: Chicken Noodle soup Dessert	Thursday 29th <i>Save On Foods</i> Main: Salt and pepper chicken wings Dessert

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:** Salisbury Steak
- #6:** Tourtiere meat pie
- #7:** Beef Sausage Dinner
- #8:** Roast chicken

- #10:** Chicken cordon bleu
- #11:** Lemon sole
- #12:** Baked cod
- #13:** Pork Cutlet
- #14:** Homestyle meatloaf

NEW

- #15:** Smoked Turkey Dinner
- #16:** Roasted Turkey Dinner
- #17:** Chicken Adobo (Filipino juicy, tender chicken)
- #18:** Pork Adobo (Filipino juicy, tender pork belly)
- #19:** Chicken Fettuccine Alfredo
- #20:** Shrimp Fettuccine Alfredo
- #21:** 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

Meals On Wheels

Holiday Orders - Frozen Meals

Please circle which date you would like this order delivered

December 3rd

December 10th

December 17th

Please give this form to the delivery driver on your next scheduled delivery or call and place the order **604-870-3764** or e-mail order **Mealsonwheels@archway.ca**

ENTREES | \$8.75 EACH

PLEASE INDICATE QUANTITY

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

Place Order by:

By phone: 604-870-3764

By e-mail: Mealsonwheels@archway.ca

Deadline for last frozen orders

- December 11th, by 12pm

Delivery Dates:

- December 3th, 10th, 17th,


Delivery Time:

- 9:30am - 11:30am

CASSEROLES | \$8.75 EACH 1 POUND

PLEASE INDICATE QUANTITY

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



HOLIDAY CLOSURE

Dear Participants,

As we approach the holiday season, please take note of Meals On Wheels adjusted schedule and important details regarding meal orders and deliveries in December 2025.

CLOSURE DATES

Meals on Wheels will be **closed** on these dates:
No deliveries will be made during this period

December 24

December 30

December 25

December 31

December 26

January 1

December 29

January 2

Regular business and delivery services will
resume on:

Monday, January 5, 2026.

**Please plan ahead to ensure you have meals
during this closure.**

HOLIDAY FROZEN MEAL **ORDER FORM**

We have included a Holiday Frozen Meal Order Form with this notice for your convenience. To place your orders:

- Complete the form and return it to your delivery driver.
- Call in your order to our office.
- Email your completed order to Mealsonwheels@archway.ca.

You may attach a photo of the form or list the items and quantities directly in the email.

FRESH MEAL DELIVERIES

Deadline: Thursday, December
11th by 12PM

Last Delivery : December 23rd

FROZEN MEAL DELIVERIES

Deadline: Thursday, December
11th by 12PM

Last delivery dates: Wednesday,
December 17th



Christmas Sale

TABOR MEALS SALE

**MEALS ON WHEELS IS OFFERING A
CHRISTMAS SALE ON TABOR MEALS
FOR \$6.75**

MEALS AVAILABLE

**PESTO CHICKEN
LEMON BUTTER SALMON
CHICKEN CUTLET
MEATLOAF
ROSEMARY CHICKEN**

**ROAST TURKEY
BRAISED BEEF
VEAL PARMASEAN
VEG TUSCAN LASANGA**

