

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 accommodate substitutions for Daily Fresh

February Daily Fresh Meal Menu | \$8.50 per meal

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

Monday | 2nd

Save On Foods

Main: Lemon Chicken Meal

Dessert

Tuesday | 3rd

Save On Foods

Main: Chicken Burrito Bowl

Dessert

Wednesday | 4th

Save On Foods

Main: Ham and Swiss

soup: Potato Bacon

Dessert

Thursday | 5th

Save On Foods

Main: Meatballs w/ Mashed potatoes

Dessert

Monday | 9th

Save On Foods

Main: Lasagna

Dessert

Tuesday | 10th

Save On Foods

Main: Salt and Pepper Chicken wings and Coleslaw

Dessert

Wednesday | 11th

Save On Foods

Main: Turkey Sandwich

soup: Tomato soup

Dessert

Thursday | 12th

Save On Foods

Main: Crispy Chicken w/ potato salad

Dessert

Monday | 16th

Save On Foods

HOLIDAY

Tuesday | 17th

Save On Foods

Main: Perogies

Dessert

Wednesday | 18th

Save On Foods

Main: Roast Beef Sandwich

soup: Chicken Noodle soup

Dessert

Thursday | 19th

Save On Foods

Main: Chef Salad

Dessert

Monday | 23rd

Save On Foods

Main: Chicken Pot Pie

Dessert

Tuesday | 24th

Save On Foods

Main: Butter Chicken with Rice

Dessert

Wednesday | 25th

Save On Foods

Main: Chicken Salad Sandwich

soup: Broccoli cheddar soup

Dessert

Thursday | 25th

Save On Foods

Main: Penne with Marinara Sauce

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) **#19:** Chicken Fettuccine Alfredo

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

#20: Shrimp Fettuccine Alfredo

#21: Fish & Chips

#1: Ground beef stroganoff

#2: Swedish Meatballs

#3: Shepherds Pie

#4: Chili Con Carne

#5: Spaghetti and meat sauce

#6: Macaroni Beef and tomato

CASSEROLES | \$8.75 EACH

1 Pound Casserole

#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)

#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

#24: Lentil Stew w/Mushrooms

#25: Lentil Stew

#26: Chicken Chow mein