

# 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/](http://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.

Sponsored in part by

<b>Monday   2nd</b> <i>Save On Foods</i> <b>Main:</b> Lemon Chicken Meal <b>Dessert</b>	<b>Tuesday   3rd</b> <i>Save On Foods</i> <b>Main:</b> Chicken Burrito Bowl <b>Dessert</b>	<b>Wednesday   4th</b> <i>Save On Foods</i> <b>Main:</b> Ham and Swiss <b>soup:</b> Potato Bacon <b>Dessert</b>	<b>Thursday   5th</b> <i>Save On Foods</i> <b>Main:</b> Meatballs w/ Mashed potatoes <b>Dessert</b>
<b>Monday   9th</b> <i>Save On Foods</i> <b>Main:</b> Lasagna <b>Dessert</b>	<b>Tuesday   10th</b> <i>Save On Foods</i> <b>Main:</b> Salt and Pepper Chicken wings and Coleslaw <b>Dessert</b>	<b>Wednesday   11th</b> <i>Save On Foods</i> <b>Main:</b> Turkey Sandwich <b>Soup:</b> Tomato soup <b>Dessert</b>	<b>Thursday   12th</b> <i>Save On Foods</i> <b>Main:</b> Crispy Chicken w/ potato salad <b>Dessert</b>
<b>Monday   16th</b> <i>Save On Foods</i> <b>HOLIDAY</b>	<b>Tuesday   17th</b> <i>Save On Foods</i> <b>Main:</b> Perogies <b>Dessert</b>	<b>Wednesday   18th</b> <i>Save On Foods</i> <b>Main:</b> Roast Beef Sandwich <b>Soup:</b> Chicken Noodle soup <b>Dessert</b>	<b>Thursday   19th</b> <i>Save On Foods</i> <b>Main:</b> Chef Salad <b>Dessert</b>
<b>Monday   23rd</b> <i>Save On Foods</i> <b>Main:</b> Chicken Pot Pie <b>Dessert</b>	<b>Tuesday   24th</b> <i>Save On Foods</i> <b>Main:</b> Butter Chicken with Rice <b>Dessert</b>	<b>Wednesday   25th</b> <i>Save On Foods</i> <b>Main:</b> Chicken Salad Sandwich <b>Soup:</b> Broccoli cheddar soup <b>Dessert</b>	<b>Thursday   25th</b> <i>Save On Foods</i> <b>Main:</b> Penne with Marinara Sauce <b>Dessert</b>

# 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

- #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