

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

March

Sponsored in part by



Daily Fresh Meal Menu | \$8.50 per meal

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

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| <p>Monday 2nd <i>Save On Foods</i></p> <p>Main: Mac and Cheese</p> <p>Dessert</p> | <p>Tuesday 3rd <i>Save On Foods</i></p> <p>Main: Crispy chicken and potato salad</p> <p>Dessert</p> | <p> Wednesday 4th <i>Save On Foods</i></p> <p>Main: Egg salad sandwich</p> <p>soup: Tomato soup</p> <p>Dessert</p> | <p> Thursday 5th <i>Save On Foods</i></p> <p>Main: chicken dinner</p> <p>Dessert</p> |
| <p>Monday 9th <i>Save On Foods</i></p> <p>Main: Thai Chili meatballs</p> <p>Dessert</p> | <p>Tuesday 10th <i>Save On Foods</i></p> <p>Main: Penne with meat sauce</p> <p>Dessert</p> | <p> Wednesday 11th <i>Save On Foods</i></p> <p>Main: Ham and swiss Sandwich</p> <p>Soup: Potato Bacon</p> <p>Dessert</p> | <p> Thursday 12th <i>Save On Foods</i></p> <p>Main: Perogies</p> <p>Dessert</p> |
| <p>Monday 16th <i>Save On Foods</i></p> <p>Main: Chicken Pot pie</p> <p>Dessert</p> | <p>Tuesday 17th <i>Save On Foods</i></p> <p>Main: Salt and Pepper wings with coleslaw</p> <p>Dessert</p> | <p> Wednesday 18th <i>Save On Foods</i></p> <p>Main: Turkey Sandwich</p> <p>Soup: Chicken Noodle soup</p> <p>Dessert</p> | <p> Thursday 19th <i>Save On Foods</i></p> <p>Main: Ginger beef</p> <p>Dessert</p> |
| <p>Monday 23rd <i>Save On Foods</i></p> <p>Main: Chef Salad</p> <p>Dessert</p> | <p>Tuesday 24th <i>Save On Foods</i></p> <p>Main: Lasagna</p> <p>Dessert</p> | <p> Wednesday 25th <i>Save On Foods</i></p> <p>Main: Roast Beef Sandwich</p> <p>Soup: Tomato soup</p> <p>Dessert</p> | <p> Thursday 26th <i>Save On Foods</i></p> <p>Main: Butter Chicken with Rice</p> <p>Dessert</p> |
| <p>Monday 30th <i>Save On Foods</i></p> <p>Main: Chili with cheese</p> <p>Dessert</p> | <p>Tuesday 31st <i>Save On Foods</i></p> <p>Main: Chicken burrito bowl</p> <p>Dessert</p> | | |

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

#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