

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

April

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.

<p>Monday 6th <i>Save On Foods</i></p> <p>Holiday</p>	<p>Tuesday 7th <i>Save On Foods</i></p> <p>Main: Meatballs and Gravy w/ mashed oatoes and veggies</p> <p>Dessert</p>	<p>Wednesday 8th <i>Save On Foods</i></p> <p>Main: Ham and Swiss sandwich</p> <p>soup: Potato bacon</p> <p>Dessert</p>	<p>Thursday 9th <i>Save On Foods</i></p> <p>Main: Mac and Cheese</p> <p>Dessert</p>
<p>Monday 13th <i>Save On Foods</i></p> <p>Main: Chicken Pot pie</p> <p>Dessert</p>	<p>Tuesday 14th <i>Save On Foods</i></p> <p>Main: Penne w/ Marinara sauce</p> <p>Dessert</p>	<p>Wednesday 15th <i>Save On Foods</i></p> <p>Main: Turkey Sandwich and chicken noodle soup</p> <p>Dessert</p>	<p>Thursday 16th <i>Save On Foods</i></p> <p>Main: Butter Chicken w/ rice</p> <p>Dessert</p>
<p>Monday 20th <i>Save On Foods</i></p> <p>Main: Lasagna</p> <p>Dessert</p>	<p>Tuesday 21st <i>Save On Foods</i></p> <p>Main: Chicken dinner w/mashed potatoes</p> <p>Dessert</p>	<p>Wednesday 22nd <i>Save On Foods</i></p> <p>Main: Roast Beef sandwich</p> <p>Soup: Broccoli soup</p> <p>Dessert</p>	<p>Thursday 23rd <i>Save On Foods</i></p> <p>Main: Salt and pepper wings w/ coleslaw</p> <p>Dessert</p>
<p>Monday 27th <i>Save On Foods</i></p> <p>Main: Chef Salad</p> <p>Dessert</p>	<p>Tuesday 28th <i>Save On Foods</i></p> <p>Main: Perogies</p> <p>Dessert</p>	<p>Wednesday 29th <i>Save On Foods</i></p> <p>Main: Tuna salad Sandwich</p> <p>Soup: Tomato soup</p> <p>Dessert</p>	<p>Thursday 30th <i>Save On Foods</i></p> <p>Main: Thai chili meatballs with rice</p> <p>Dessert</p>

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

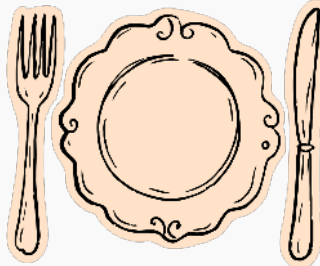
- 101: Roast Pork
- 102: Braised pork steak
- 103: Pork Sausage
- 104: Baked Ham and Pineapple
- 105: Swiss steak
- 106: Salisbury steak
- 107: Tourtiere Meat Pie
- 108: Homestyle Meatloaf
- 109: Beef Sausage
- 110: Liver and Onions

- 111: Roast Chicken
- 112: Chicken Stuffed Broccoli
- 113: Oven Baked Chicken Breast
- 114: Chicken Cordon Bleu
- 118: Smoked Turkey Dinner
- 119: Roast Turkey
- 123: Chicken Fettuccine Alfredo w/ Veggies
- 124: Shrimp Alfredo w/ Veggies
- 129: BBQ Chicken

- 130: BBQ Boneless Ribs
- 132: Cabbage Rolls
- 133: Butter Chicken
- 134: Mini perogies
- 140: Cranberry & Stuffed Pork Roll

LACTOSE FREE OPTIONS ENTREES

- 115: Lemon Herb Sole Fillet
- 116: Baked Cod
- 117: Herbed Salmon
- 120: Chicken Adobo
- 125: Fish and Chips
- 126: Greek Chicken
- 131: Spaghetti and Meatballs



LACTOSE FREE OPTIONS CASSEROLES

- 204: Chili Con Carne
- 205: Spaghetti and Meat sauce
- 206: Macaroni and Beef Tomato
- 207: Beef Stew
- 209: Ginger Beef
- 215: Sweet and Sour Pork
- 216: BBQ Fried Rice
- 217: Chinese BBQ Pork, Rice and Stir fry
- 218: Teriyaki Chicken
- 219: Chicken Chow Mein
- 221: Lentil Stew w/ Mushroom

CASSEROLES | \$8.75 EACH

1 Pound Casserole

- 201: Ground beef stroganoff
- 202: Swedish Meatballs
- 203: Shepherds Pie
- 208: Beef Lasagna
- 210: Turkey and potato bowl
- 211: Chicken Al La King
- 212: Chicken & Broccoli Casserole
- 213: Chicken Pot Pie
- 214: Chicken stew and dumplings
- 220: Creamy Mac and Cheese

