



Meals on Wheels - 604-870-3764

For more information, please visit our website www.archway.ca

Meals subject to change without notice if necessary.

**** 48 hours' notice for ordering fresh meals ****

**** Frozen orders must be placed or cancelled before - 12PM Thursdays ****

Daily Delivery times: Mon-Thurs 9:30am - 11:30am | CLOSED: Fridays & Stat Holidays

May 2026

Daily Fresh Meal Menu \$8.50 each

Monday 4 th Save on Foods	Tuesday 5 th Save on Foods	Wednesday 6 th Save on Foods	Thursday 7 th Save on Foods
Macaroni and Cheese Side: Dessert	Chicken Dinner with Mashed potatoes, gravy and veggies Side: Dessert	Chicken salad sandwich and broccoli and cheddar soup Side: Chicken Noodle Soup	Penne and Marinara sauce Side: Dessert
Monday 11 th Save on Foods	Tuesday 12 th Save on Foods	Wednesday 13 th Save on Foods	Thursday 14 th Save on Foods
Perogies Side: Dessert	Lasagna Side: Dessert	Turkey sandwich and Tomato soup Side: Dessert	Lemon Chicken with Rice and Chowmein Side: Dessert
Monday 18 th May Save on Foods	Tuesday 19 th Save on Foods	Wednesday 20 th Save on Foods	Thursday 21 st Save on Foods
Holiday- No meals Side: Dessert	Chicken Pot Pie Side: Dessert	Egg salad sandwich and chicken noodle soup Side: Dessert	Butter chicken with rice Side: Dessert
Monday 25 th Save on Foods	Tuesday 26 th Save on Foods	Wednesday 27 th Save on Foods	Thursday 28 th Save on Foods
Chef salad Side: Dessert	Crispy Chicken w/ Potato salad Side: Dessert	Ham and Swiss Sandwich and Potato Bacon Soup Side: Dessert	Greek Chicken with rice and Greek salad Side: Dessert

Sponsored in part by



Meals on Wheels 604-870-3764 | Monday – Thursday: 7:30am – 3pm

Frozen Meal Menu

Frozen meals provided by: Elite Foods

Meals on Wheels 604-870-3764 | Monday – Thursday: 7:30am – 3pm

Full Dinner Entrees \$8.75 each

Delivered: Every Wednesday

1- Liver and onions - Tender pieces of liver topped with fried onions. Comes with mashed potatoes/gravy and carrots.
2- Braised Pork Steak Dinner - Pork steak slow simmered in mushroom sauce with parsley potatoes and mixed vegetables.
3- Pork Sausage Dinner - Jumbo sized pork sausages with gravy, mashed potatoes, and yellow beans.
4- Baked Ham and Pineapple Dinner - Baked ham and pineapple sauce, scalloped potatoes, and carrots.
5- Roast beef Dinner - Roasted beef with mashed potatoes, gravy, and carrots.
6- Salisbury Steak Dinner - Salisbury steak with mashed potatoes, gravy and carrots.
7- Tortiere Meat Pie Dinner - French Canadian meat pie with mashed potatoes and green beans.
8- Beef Sausage Dinner - Jumbo beef sausage with mashed potatoes, gravy and peas
9- Roast Chicken Dinner - Roasted dark chicken with mashed potatoes, gravy and carrots.
10- Turkey Cutlet - mashed potatoes with gravy & carrots
11- Chicken Cordon Bleu - Stuffed chicken breast with mashed potatoes, gray, peas and carrots.
12- Lemon Herb Breaded Sole Fillet - Baked sole with rice pilaf and carrots.
13- Baked Cod - Cod baked in a lemon dill sauce with rice pilaf and vegetable medley.
14- Pork Cutlet - Mashed potatoes with gravy & butternut squash
15- Homestyle Meatloaf - Meatloaf with mashed potatoes, gravy and corn.

Casseroles (1 pound each) \$8.75 each

1: Ground Beef Stroganoff	2: Swedish Meatballs	3: Shepherd's Pie	4: Chili con carne
5: Spaghetti and Meat sauce	6: Macaroni Beef and tomato	7: Beef Pot Pie	8: Beef Stew
9: Beef Lasagna	10: Beef potato and gravy bowl	11: Turkey potatoes and gravy bowl	12: Chicken a la king
13: Chicken and broccoli casserole	14: Chicken stew and dumplings	15: Chicken Pot Pie	16: Sweet and sour pork
17: Ginger beef	18: Teriyaki chicken bowl	19: Chicken chow Mein	20: Creamy macaroni and cheese

Soups (500ml) \$4.25 each

1: Beef barely with vegetables	2: Split pea and ham	3: Cream of tomato
4: Chicken noodle	5: Garden fresh vegetable	

Desserts \$4.25 each

1: Rice puddings	2: Apple crisp	3: Country orange cake
4: Carrot cake	5: Bran muffin	6: Blueberry muffin
7: Assorted cookie	8: Butter tart	

Meals on Wheels

FrozenMealMenu

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

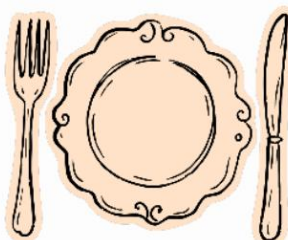
- 101: Roast Pork
- 102: Braised pork steak
- 103: Pork Sausage
- 104: Baked Ham and Pineapple
- 105: Swiss steak
- 106: Salisbury steak
- 107: Tourtiere Meat Pie
- 108: Homestyle Meatloaf
- 109: Beef Sausage
- 110: Liver and Onions

- 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

