



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

June 2026

Daily Fresh Meal Menu \$8.75 each

Monday 1st <i>Save on Foods</i>	Tuesday 2nd <i>Save on Foods</i>	Wednesday 3rd <i>Save on Foods</i>	Thursday 4th <i>Save on Foods</i>
Chicken Pot Pie Side: Dessert	Meatballs, Gravy, Mashed Potatoes, Gravy Side: Dessert	Roast Beef Sandwich Side: Chicken Noodle Soup	Penne and Marinara sauce Side: Dessert
Monday 8th <i>Save on Foods</i>	Tuesday 9th <i>Save on Foods</i>	Wednesday 10th <i>Save on Foods</i>	Thursday 11th <i>Save on Foods</i>
Ginger Beef with Rice and Chow Main Side: Dessert	Chicken Dinner Gravy, Mashed Potatoes, Veggies Side: Dessert	Turkey Sandwich Side: Tomato Soup	Chicken Caesar Salad Side: Dessert
Monday 15th <i>May Save on Foods</i>	Tuesday 16th <i>Save on Foods</i>	Wednesday 17th <i>Save on Foods</i>	Thursday 18st <i>Save on Foods</i>
Lasagna Side: Dessert	Salt and Pepper Chicken Wings Side: Dessert	Tuna Salad Sandwich Side: Broccoli Cheddar Soup	Greek Chicken with Rice and Greek Salad Side: Dessert
Monday 22nd <i>Save on Foods</i>	Tuesday 23rd <i>Save on Foods</i>	Wednesday 24th <i>Save on Foods</i>	Thursday 25th <i>Save on Foods</i>
Macaroni and Cheese Side: Dessert	Chef Salad Side: Dessert	Ham and Swiss Sandwich Side: Potato Bacon Soup	Lemon Chicken with Rice and Chow Mein 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	