



## Meals on Wheels - 604-870-3764

For more information, please visit our website [www.archway.ca](http://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

### July 2026

### Daily Fresh Meal Menu \$8.75 each

| <b>Monday   6<sup>th</sup></b><br>Save on Foods                      | <b>Tuesday   7<sup>th</sup></b><br>Save on Foods               | <b>Wednesday   8<sup>th</sup></b><br>Save on Foods                                 | <b>Thursday   9<sup>th</sup></b><br>Save on Foods      |
|----------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------|
| Chicken<br>Dinner with mash and gravy<br>Side: Dessert               | Sweet and Sour Pork with<br>Rice and Chowmein<br>Side: Dessert | Roast Beef Sandwich<br>Side: Chicken Noodle Soup                                   | Chicken Pot Pie<br>Side: Dessert                       |
| <b>Monday   13<sup>th</sup></b><br>Save on Foods                     | <b>Tuesday   14<sup>th</sup></b><br>Save on Foods              | <b>Wednesday   15<sup>th</sup></b><br>Save on Foods                                | <b>Thursday   16<sup>th</sup></b><br>Save on Foods     |
| Sweet Thai Chili Meatballs with<br>Rice and Veggies<br>Side: Dessert | Lemon Chicken with Rice and<br>chicken<br>Side: Dessert        | Turkey Sandwich<br>Side: Tomato Soup                                               | Macaroni and chesse<br>Side: Dessert                   |
| <b>Monday   20<sup>th</sup></b><br>May Save on Foods                 | <b>Tuesday   21<sup>st</sup></b><br>Save on Foods              | <b>Wednesday   22<sup>nd</sup></b><br>Save on Foods                                | <b>Thursday   23<sup>rd</sup></b><br>Save on Foods     |
| Lasagna<br>Side: Dessert                                             | Crispy Chicken with Potato<br>Salad<br>Side: Dessert           | Chicken Salad sandwich and<br>Broccoli Cheddar Soup<br>Side: Broccoli Cheddar Soup | Chef salad<br>Side: Dessert                            |
| <b>Monday   27<sup>th</sup></b><br>Save on Foods                     | <b>Tuesday   28<sup>th</sup></b><br>Save on Foods              | <b>Wednesday   29<sup>th</sup></b><br>Save on Foods                                | <b>Thursday   30<sup>th</sup></b><br>Save on Foods     |
| Perogies<br>Side: Dessert                                            | Meatballs with Gravy,<br>Mashed Potato<br>Side: Dessert        | Ham and Swiss Sandwich<br>Side: Potato Bacon Soup                                  | Ginger beef with Rice and<br>Chowmein<br>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

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## 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 |                        |