



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 – 12pm | CLOSED: Fridays & Stat Holidays

August 2026

Daily Fresh Meal Menu \$8.75 each

Monday 3 rd Save on Foods	Tuesday 4 th Save on Foods	Wednesday 5 th Save on Foods	Thursday 6 th Save on Foods
BC DAY HOLIDAY NO DELIVERIES	Salt and pepper chicken wings and coleslaw Side: Dessert	Turkey Sandwich with Side: Chicken Noodle Soup	Butter Chicken Rice Side: Dessert
Monday 10 th Save on Foods	Tuesday 11 th Save on Foods	Wednesday 12 th Save on Foods	Thursday 13 th Save on Foods
Penne with Marinara sauce Side: Dessert	Lemon Chicken with Rice and chicken Side: Dessert	Tuna salad sandwich with tomato soup Side: Tomato Soup	Chicken dinner with Mashewd potato's and gravy Side: Dessert
Monday 17 th May Save on Foods	Tuesday 18 th Save on Foods	Wednesday 19 th Save on Foods	Thursday 20 th Save on Foods
Macaroni and cheese Side: Dessert	Sweet Thai chilli meatballs with rice and veggies Side: Dessert	Ham and swiss sandwich with Potato Bacon soup	Chef salad Side: Dessert
Monday 24 th Save on Foods	Tuesday 25 th Save on Foods	Wednesday 26 th Save on Foods	Thursday 27 th Save on Foods
Crispy chicken with Potato salad Side: Dessert	Chicken pot pie Side: Dessert	Roast beef sandwich with Broccoli Cheddar soup	Perogies Side: Dessert

Sponsored in part by



Frozen Meal Menu

Frozen meals provided by: Elite Foods

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Full Dinner Entrees \$8.75 each

1- Braised Pork Steak Dinner - Pork steak slow simmered in mushroom sauce with parsley potatoes and mixed vegetables.
2- Roast beef Dinner - Roasted beef with mashed potatoes, gravy, and carrots.
3- Salisbury Steak Dinner - Salisbury steak with mashed potatoes, gravy and carrots.
4- Tortiere Meat Pie Dinner - French Canadian meat pie with mashed potatoes and green beans.
5- Beef Sausage Dinner - Jumbo beef sausage with mashed potatoes, gravy and peas
6- Roast Chicken Dinner - Roasted dark chicken with mashed potatoes, gravy and carrots.
7- Chicken Cordon Bleu - Stuffed chicken breast with mashed potatoes, gray, peas and carrots.
8- Lemon Herb Breaded Sole Fillet - Baked sole with rice pilaf and carrots.
9- Baked Cod - Cod baked in a lemon dill sauce with rice pilaf and vegetable medley.
10- 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: Spaghetti and Meat sauce
5: Beef Lasagna	6: Chicken stew and dumplings	7: Chicken Pot Pie	8: Sweet and sour pork
9: Chicken chow Mein	10: Creamy macaroni and cheese		