



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

October 2026

Daily Fresh Meal Menu \$ 8.75 each

Monday 5th <i>Save on Foods</i>	Tuesday 6th <i>Save on Foods</i>	Wednesday 7th <i>Save on Foods</i>	Thursday 8th <i>Save on Foods</i>
Ginger Beef with Rice and Chow Mein Side: Dessert	Penne With Marinara Sauce Side: Dessert	Turkey Sandwich Side: Tomato Soup	Chicken Dinner with Mashed Potatoes and Veggies Side: Dessert
Monday 12 th <i>Save on Foods</i>	Tuesday 13 th <i>Save on Foods</i>	Wednesday 14 th <i>Save on Foods</i>	Thursday 15 th <i>Save on Foods</i>
Thanksgiving HOLIDAY	Lasagna Side: Dessert	Roast Beef Sandwich Side: Chicken Noodle Soup	Crispy Chicken with Potato Salad Side: Dessert
Monday 19 th <i>May Save on Foods</i>	Tuesday 20 th <i>Save on Foods</i>	Wednesday 21 st <i>Save on Foods</i>	Thursday 22 nd <i>Save on Foods</i>
Chicken Pot Pie Side: Dessert	Chef Salad Side: Dessert	Ham and Swiss Sandwich Side: Potato Bacon Soup	Greek Chicken with Rice and Greek Salad Side: Dessert
Monday 26 th <i>Save on Foods</i>	Tuesday 27 th <i>Save on Foods</i>	Wednesday 28 th <i>Save on Foods</i>	Thursday 29 th <i>Save on Foods</i>
Macaroni and Cheese Side: Dessert	Butter Chicken with Rice Side: Dessert	Egg Salad Sandwich With Broccoli Cheddar Soup	Lemon Chicken with Rice and Chow Mein Side: Dessert

Sponsored in part by



Frozen Meal Menu

Frozen meals provided by: Elite Foods

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Full Dinner Entrees \$10 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) \$10 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		