Archway
Community Services

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

November 2026

Daily Fresh Meal Menu *$ 8.75 each*

Monday 2nd Save on Foods	Tuesday 3rd Save on Foods	Wednesday 4th Save on Foods	Thursday 5th Save on Foods
Perogies Side: Dessert	Lemon Chicken Rice Chow Mein Side: Dessert	Tuna Salad Sandwich Side: Tomato Soup	Salt Pepper Chicken WIngs and Coleslaw Side: Dessert
Monday 9th Save on Foods	**Tuesday 10th** Save on Foods	**Wednesday 11th** Save on Foods	**Thursday 12th** Save on Foods
Meatballs with Gravy Potatoes and Veggies Side: Dessert	Crispy Chicken with Potato Salad Side: Dessert	Holiday Remembrance Day	Lasagna Side: Dessert
Monday 16th May Save on Foods	**Tuesday 17th** Save on Foods	**Wednesday 18th** Save on Foods	**Thursday 19th** Save on Foods
Penne with Marinara Sauce Side: Dessert	Butter Chicken With Rice Side: Dessert	Turkey Sandwich Side: Chicken Noodle Soup	Sweet and Sour Pork with Rice and Chow Main Side: Dessert
Monday 23rd Save on Foods	**Tuesday 24th** Save on Foods	**Wednesday 25th** Save on Foods	**Thursday 26th** Save on Foods
Chef Salad Side: Dessert	Chicken Pot Pie Side: Dessert	Ham and Swiss Sandwich With Potato Bacon Soup	Sweet Thai Chili Meatballs with Rice and Veggies Side: Dessert

Sponsored in part by

save on foods

Archway Community Services | Food Bank Abbotsford

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**		