



Western Meals on Wheels: Frozen Entrée Schedule

The 4-week rotation of frozen options is available to clients who choose to receive frozen meals every weekday (or whichever regular delivery schedule suits their needs). An additional 10 Frozen entrees can be ordered any weekday (on the next page). 5 Frozen breakfast options are listed at the bottom of the menu.

2020		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1	Jan 20-Jan 24 Feb 17-Feb 21 Mar 16-Mar 20 Apr 13-Apr 17 May 11-May 15 Jun 8-Jun 12 Jul 6-Jul 10	Aug 3-Aug 7 Aug 31-Sep 4 Sep 28-Oct 2 Oct 26-Oct 30 Nov 23-Nov 27 Dec 21-Dec 25	Boneless BBQ Ribs Spaghetti Vegetables	Catch of the Day Rice/Potatoes Vegetables	Beef Stew Potatoes Vegetables	Roast Beef Mashed Potatoes Vegetables	Slow Roast Chicken Pasta Vegetables
W E E K 2	Jan 1-Jan 3 Jan 27-Jan 31 Feb 24-Feb 28 Mar 23-Mar 27 Apr 20-Apr 24 May 18-May 22 Jun 15-Jun 19	Jul 13-Jul 17 Aug 10-Aug 14 Sep 7-Sep 11 Oct 5-Oct 9 Nov 2-Nov 6 Nov 30-Dec 4 Dec 28-Dec 31	Three Cheese Macaroni Vegetables	Fish & Chips Vegetables	Pork Roast Mashed Potato Vegetables	Braised Lamb Mashed Potato Vegetables	Barbeque Meatloaf Roast Potatoes Vegetables
W E E K 3	Jan 6-Jan 10 Feb 3-Feb 7 Mar 2-Mar 6 Mar 30-Apr 3 Apr 27-May 1 May 25-May 29 Jun 22-Jun 26	Jul 20-Jul 24 Aug 17-Aug 21 Sep 14-Sep 18 Oct 12-Oct 16 Nov 9-Nov 13 Dec 7-Dec 11	Curried Thai Chicken Jasmine Rice Vegetables	Salisbury Steak Roasted Potatoes Vegetables	Shepherd's Pie Vegetables	Butter Chicken Steamed Rice Vegetables	Teriyaki Beef Rice Vegetables
W E E K 4	Jan 13-Jan 17 Feb 10-Feb 14 Mar 9-Mar 13 Apr 6-Apr 10 May 4-May 8 Jun 1-Jun 5 Jun 29-Jul 3	Jul 27-Jul 31 Aug 24-Aug 28 Sep 21-Sep 25 Oct 19-Oct 23 Nov 16-Nov 20 Dec 14-Dec 18	Perogies & Turkey Sausages Vegetables	Chicken Cacciatore Potatoes Vegetables	Roast Chicken Potatoes Vegetables	Beef Lasagna Vegetables	Fish & Chips Vegetables
Frozen Breakfast		<i>Scrambled eggs, bacon, hash browns</i>	<i>French toast, sausage and eggs</i>	<i>Pancakes, scrambled eggs and bacon</i>	<i>Waffles, sausages and home fries</i>	<i>Three cheese omelettes, sausage and potatoes</i>	



Western Meals on Wheels: Frozen Entrées, cont. & Additional Frozen Entrées

Reheating Frozen Meals:

Oven: Preheat oven to 350°F. Remove plastic cover and place in oven for 10-20 minutes.

Microwave: Pierce plastic cover and microwave on HIGH 4-6 minutes.

If thawed first, decrease heating time by at least half. Re-heating instructions are meant to be general guidelines only; actual re-heating times may vary based on your microwave.

Additional Frozen Entrées:

If you don't require frozen meals on a regular schedule, there are 10 frozen meals available for delivery any weekday. You can order as many as you require to be delivered on any delivery day. Contact the Meals on Wheels office for more details at (604) 732-7638.

- **FROZEN 1: Slow Roast Chicken with Potatoes and Vegetables**
- **FROZEN 2: Turkey Dinner with Mashed Potatoes, Vegetables and Stuffing**
- **FROZEN 3: Beef Lasagna with Seasonal Vegetables**
- **FROZEN 4: Salisbury Steak with Gravy, Mashed Potatoes and Vegetables**
- **FROZEN 5: Beef Shepherd's Pie with Seasonal Vegetables**
- **FROZEN 6: Pork Chop with Gravy, Mashed Potatoes and Vegetables**
- **FROZEN 7: BBQ Ribs, Mashed Potatoes and Vegetables**
- **FROZEN 8: Four Cheese Tortellini with Organic Tomato sauce***
- **FROZEN 9: Vegetarian Chow Mein***
- **FROZEN 0: Chicken Cacciatore with Roast Potatoes and Vegetables**

**Vegetarian options*