



Western Meals on Wheels: Regular Hot Meal Menu

- includes some Red Meat options
- also available as Minced.

Western Meals on Wheels options change on a 4-week rotation. 5 Sandwich pack options, available in addition to a regular meal order, 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	<i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables <i>Cookie</i>	<i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables <i>Macaroon Bite</i>	<i>Cream of Tomato</i> Perogies and Turkey Sausages Sauerkraut <i>Fresh Orange</i>	<i>Seafood Chowder</i> Battered Fish Rice Vegetables <i>Brownie</i>	<i>Corn Chowder</i> Boneless BBQ Ribs Mashed Potatoes Vegetables <i>Date Square</i>
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	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Vegetable Barley Soup</i> Salisbury Steak Fried Potatoes Vegetables <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable Soup</i> Butter Chicken Fried Rice Vegetables <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> Spaghetti and Meat Balls Vegetables <i>Apple Crumble</i>
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	<i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables <i>Chocolate Cake</i>	<i>Split Pea Soup</i> Cabbage Rolls Vegetables <i>Apple</i>	<i>Cream of Broccoli</i> BBQ Chicken Mixed Rice and Peas Vegetables <i>Muffin</i>	<i>Clam Chowder</i> Salmon Patty Pasta Vegetables <i>Mini Donuts</i>	<i>Cream of Potato</i> Roast Pork Mashed Potatoes Vegetables <i>Coconut Cake</i>
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	<i>Mulligatawny</i> Chicken Cacciatore Noodles Vegetables <i>Brownie</i>	<i>Roasted Eggplant Soup</i> Sweet and Sour Meatballs, Rice Pilaf Vegetables <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> Roast Turkey Mashed Potatoes Vegetables <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> Seafood Casserole Rice Vegetables <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> Shepherd's Pie Grilled Tomato Vegetables <i>Cheesecake</i>
Sandwich Packs		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit	