



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.

2021		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1	Jan 18-Jan 22 Feb 15-Feb 19 Mar 15-Mar 19 Apr 12-Apr 16 May 10-May 14 Jun 7-Jun 11 Jul 5-Jul 9	Aug 2-Aug 6 Aug 30-Sep 3 Sep 27-Oct 1 Oct 25-Oct 29 Nov 22-Nov 26 Dec 20-Dec 24	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 25-Jan 29 Feb 22-Feb 26 Mar 22-Mar 26 Apr 19-Apr 23 May 17-May 21 Jun 14-Jun 18 Jul 12-Jul 16	Aug 9-Aug 13 Sep 6-Sep 10 Oct 4-Oct 8 Nov 1-Nov 5 Nov 29-Dec 3 Dec 27-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 4-Jan 8 Feb 1-Feb 5 Mar 1-Mar 5 Mar 29-Apr 2 Apr 26-Apr 30 May 24-May 28 Jun 21-Jun 25	Jul 19-Jul 23 Aug 16-Aug 20 Sep 13-Sep 17 Oct 11-Oct 15 Nov 8-Nov 12 Dec 6-Dec 10	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 11-Jan 15 Feb 8-Feb 12 Mar 8-Mar 12 Apr 5-Apr 9 May 3-May 7 May 31-Jun 4 Jun 28-Jul 2	Jul 26-Jul 30 Aug 23-Aug 27 Sep 20-Sep 24 Oct 18-Oct 22 Nov 15-Nov 19 Dec 13-Dec 17	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*