



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.

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	<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 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	<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 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	<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 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	<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	