



# North Shore Meals on Wheels: No Red Meat Menu

northshoremealsonwheels.org | 604-922-3414 | northshoremow@telus.net

North Shore Meals on Wheels (NS MOW), operated by the Health and Home Care Society of BC (“Care BC”) delivers Mondays, Wednesdays and Friday on a 4-week menu rotation.

2021		Mondays	Wednesdays	Fridays
WEEK 1	Aug 2-Aug 6 Aug 30-Sep 3 Sep 27-Oct 1  Oct 25-Oct 29 Nov 22-Nov 26 Dec 20-Dec 24	Soup <b>Chicken Teriyaki</b> <b>Butter Potatoes</b> <b>Grilled Zucchini</b> <b>Grilled Roma Tomato</b> Daily Dessert	Soup <b>Grilled Sole</b> <b>Rice Pilaf</b> <b>Vegetable Medley</b> <b>Roasted Carrot</b> Daily Dessert	Soup <b>BBQ Chicken</b> <b>Potato</b> <b>Roasted Corn</b> <b>Green Peas</b> Daily Dessert
WEEK 2	Aug 9-Aug 13 Sep 6-Sep 10 Oct 4-Oct 8  Nov 1-Nov 5 Nov 29-Dec 3 Dec 27-Dec 31	Soup <b>Chicken Parmesan</b> <b>Baby Nugget Potato</b> <b>Buttered Green Peas</b> <b>Maple Carrots</b> Daily Dessert	Soup <b>Basa w/ Lemon Caper</b> <b>Rice</b> <b>Buttered Brussel Sprouts</b> Daily Dessert	Soup <b>Penne Alfredo w/ Chicken</b> <b>Roasted Sweet Yam</b> <b>Broccoli</b> Daily Dessert
WEEK 3	Aug 16-Aug 20 Sep 13-Sep 17 Oct 11-Oct 15  Nov 8-Nov 12 Dec 6-Dec 10	Soup <b>Vegetarian Lasagna</b> <b>Grilled Zucchini</b> <b>Glazed Carrots</b> Daily Dessert	Soup <b>Grilled Snapper</b> <b>Rice</b> <b>Buttered Green Peas</b> <b>Sweet Onion</b> Daily Dessert	Soup <b>Grilled Chicken/Mushroom</b> <b>Burgundy</b> <b>Potato</b> <b>Broccoli</b> Daily Dessert
WEEK 4	Jul 26-Jul 30 Aug 23-Aug 27 Sep 20-Sep 24  Oct 18-Oct 22 Nov 15-Nov 19 Dec 13-Dec 17	Soup <b>Butter Chicken</b> <b>Rice</b> <b>Chick Pea</b> <b>Cauliflower</b> Daily Dessert	Soup <b>Cod Fillet</b> <b>Mashed Potato</b> <b>Steamed Broccoli</b> Daily Dessert	Soup <b>Chicken Cutlet</b> <b>Potato</b> <b>Vegetable Medley</b> <b>Roasted Carrot</b> Daily Dessert

Please Note: Meals are subject to change due to supply, cost and season.

NS MOW is a charitable service made possible by support from volunteers and financial assistance from Vancouver Coastal Health, The District of North Vancouver, the City of North Vancouver, The Municipality of West Vancouver, The North Shore Community Foundation, The West Vancouver Foundation, and the Province of British Columbia.



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## HEATING INSTRUCTIONS

### **A few things to note:**

The packaging is entirely compostable which means that it will start to decompose in your fridge if you don't use it within 2 days. Either eat or freeze your meal within 48 hours of receiving it. If the package has started to disintegrate in your fridge it means you have left it too long and it is no longer safe to eat.

### **If your meal is cold** (from the fridge):

Oven: Heat oven to 275F; place meal on a tray and heat for 30 minutes.

Microwave: Perforate film with a fork. Heat 2-3 minutes on HIGH.

### **If your meal is frozen** (i.e. you put the meal in the freezer when you received it):

Oven: Heat oven to 350F; place meal on a tray and heat for 30 minutes.

Microwave: Perforate film with a fork. Heat 3-5 minutes on HIGH.

*If you have any questions or concerns please talk to your delivery Volunteer or call the Meals on Wheels office at 604-922-3414.*