



North Shore Meals on Wheels: No Red Meat Menu

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

North Shore Meals on Wheels delivers Mondays, Wednesdays and Friday on a 4-week menu rotation.

2022		Mondays	Wednesdays	Fridays	
WEEK 1	Jan 17-Jan 21 Feb 14-Feb 18 Mar 14-Mar 18 Apr 11-Apr 15 May 9-May 13 Jun 6-Jun 10 Jul 4-Jul 8	Aug 1-Aug 5 Aug 29-Sep 2 Sep 26-Sep 30 Oct 24-Oct 28 Nov 21-Nov 25 Dec 19-Dec 23	Soup Chicken Teriyaki Butter Potatoes Grilled Zucchini Grilled Roma Tomato Daily Dessert	Soup Grilled Sole Rice Pilaf Vegetable Medley Roasted Carrot Daily Dessert	Soup BBQ Chicken Butter Potatoes Roasted Corn Green Peas Daily Dessert
WEEK 2	Jan 24-Jan 28 Feb 21-Feb 25 Mar 21-Mar 25 Apr 18-Apr 22 May 16-May 20 Jun 13-Jun 17 Jul 11-Jul 15	Aug 8-Aug 12 Sep 5-Sep 9 Oct 3-Oct 7 Oct 31-Nov 4 Nov 28-Dec 2 Dec 26-Dec 30	Soup Chicken Parmesan Butter Potatoes Buttered Green Peas Maple Carrots Daily Dessert	Soup Basa with Lemon Caper Rice Pilaf Buttered Brussel Sprouts Daily Dessert	Soup Penne Alfredo with Chicken Roasted Sweet Yam Broccoli Daily Dessert
WEEK 3	Jan 3-Jan 7 Jan 31-Feb 4 Feb 28-Mar 4 Mar 28-Apr 1 Apr 25-Apr 29 May 23-May 27 Jun 20-Jun 24	Jul 18-Jul 22 Aug 15-Aug 19 Sep 12-Sep 16 Oct 10-Oct 14 Nov 7-Nov 11 Dec 5-Dec 9	Soup Vegetarian Lasagna Grilled Zucchini Glazed Carrots Daily Dessert	Soup Grilled Snapper Rice Pilaf Buttered Green Peas Sweet Onion Daily Dessert	Soup Grilled Chicken/Mushroom Burgundy Potato Broccoli Daily Dessert
WEEK 4	Jan 10-Jan 14 Feb 7-Feb 11 Mar 7-Mar 11 Apr 4-Apr 8 May 2-May 6 May 30-Jun 3 Jun 27-Jul 1	Jul 25-Jul 29 Aug 22-Aug 26 Sep 19-Sep 23 Oct 17-Oct 21 Nov 14-Nov 18 Dec 12-Dec 16	Soup Chicken Breast with Pesto Rice Pilaf Vegetable Medley Daily Dessert	Soup Cod Fillet Mashed Potato Steamed Broccoli Daily Dessert	Soup Chicken Cutlet Potato Vegetable Medley Roasted Carrot 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 call the Meals on Wheels office at 604-922-3414.

Please note: Invoices are sent at the end of each month; for clients paying by credit card, charges will appear on your credit card statement from "Health Home Care Soc BC" (not "Meals on Wheels")