



Western Meals on Wheels (Vancouver and Richmond)

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 (next page) can be ordered any weekday; 5 Frozen breakfast options are listed at the bottom of the menu.

2022		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 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	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 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	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 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	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 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	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>	

Meals on Wheels, a charitable program serving Vancouver and Richmond, is operated by the Health and Home Care Society of BC (also known as "Care BC").
204 - 3077 Granville St., Vancouver, BC V6H 3J9 | www.carebc.ca | Western Meals on Wheels 604-732-7638



Western Meals on Wheels (Vancouver and Richmond) Additional Frozen Entrées

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 up to 7 meals 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*

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.