



Western Meals on Wheels (Vancouver and Richmond)

No red meat Hot Meals

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. Tuesday and Friday options are vegetarian; frozen vegetarian entrees are also available.

2022		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W	Jan 17-Jan 21	Aug 1-Aug 5	<i>Cream of Vegetable</i>	<i>Carrot Soup</i>	<i>Cream of Tomato</i>	<i>Seafood Chowder</i>
E	Feb 14-Feb 18	Aug 29-Sep 2	Chicken Teriyaki	Three Cheese	Perogies and	Battered Fish
E	Mar 14-Mar 18	Sep 26-Sep 30	Mixed Rice & Peas	Tortellini	Turkey	Rice
K	Apr 11-Apr 15	Oct 24-Oct 28	Vegetables	Vegetables	Sausages	Vegetables
1	May 9-May 13	Nov 21-Nov 25	Vegetables	<i>Macaroon Bite</i>	Sauerkraut	<i>Brownie</i>
	Jun 6-Jun 10	Dec 19-Dec 23	<i>Cookie</i>		<i>Fresh Orange</i>	<i>Date Square</i>
	Jul 4-Jul 8					
W	Jan 24-Jan 28	Aug 8-Aug 12	<i>Cream of Cauliflower</i>	<i>Vegetable Barley Soup</i>	<i>Chicken Vegetable Soup</i>	<i>Roasted Tomato Soup</i>
E	Feb 21-Feb 25	Sep 5-Sep 9	Mediterranean	Quiche Florentine	Butter Chicken	Poached Fish
E	Mar 21-Mar 25	Oct 3-Oct 7	Chicken	Vegetables	Fried Rice	Basmati Rice with
K	Apr 18-Apr 22	Oct 31-Nov 4	Mashed Potatoes	<i>Oatmeal Raisin Cookie</i>	Vegetables	Mushrooms
2	May 16-May 20	Nov 28-Dec 2	Vegetables		<i>Cheesecake</i>	Vegetables
	Jun 13-Jun 17	Dec 26-Dec 30	<i>Banana</i>			<i>Cinnamon Crunchie</i>
	Jul 11-Jul 15					
W	Jan 3-Jan 7	Jul 18-Jul 22	<i>Minestrone</i>	<i>Split Pea Soup</i>	<i>Cream of Broccoli</i>	<i>Clam Chowder</i>
E	Jan 31-Feb 4	Aug 15-Aug 19	Roast Chicken	Vegetable Stir-Fry	BBQ Chicken	Salmon Patty
E	Feb 28-Mar 4	Sep 12-Sep 16	Mashed Potatoes	Rice	Mixed Rice and	Pasta
K	Mar 28-Apr 1	Oct 10-Oct 14	Vegetables	<i>Apple</i>	Peas	Vegetables
3	Apr 25-Apr 29	Nov 7-Nov 11	<i>Chocolate Cake</i>		Vegetables	<i>Mini Donuts</i>
	May 23-May 27	Dec 5-Dec 9			<i>Muffin</i>	
	Jun 20-Jun 24					
W	Jan 10-Jan 14	Jul 25-Jul 29	<i>Mulligatawny</i>	<i>Roasted Eggplant Soup</i>	<i>Chicken Noodle Soup</i>	<i>Navy Bean Soup</i>
E	Feb 7-Feb 11	Aug 22-Aug 26	Chicken	Vegetarian Chow	Roast Turkey	Seafood
E	Mar 7-Mar 11	Sep 19-Sep 23	Cacciatore	Mein	Mashed Potatoes	Casserole
K	Apr 4-Apr 8	Oct 17-Oct 21	Noodles	Fried Rice	Vegetables	Rice
4	May 2-May 6	Nov 14-Nov 18	Vegetables	<i>Banana Loaf</i>	<i>Butterscotch Pudding</i>	Vegetables
	May 30-Jun 3	Dec 12-Dec 16	<i>Brownie</i>			<i>Peach and Pear Halves</i>
	Jun 27-Jul 1					
Sandwich Packs		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit