



Western Meals on Wheels (Vancouver and Richmond)

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.

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	<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 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	<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 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	<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 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	<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	