



North Shore Meals on Wheels: Frozen Entrée Schedule

North Shore Meals on Wheels (NSMOW) delivers Mondays, Wednesdays, & Fridays on a 4-week rotation.
www.carebc.ca/north-shore-mow | 604-922-3414 | nsmow@carebc.ca

Heating: Oven: Preheat oven to 350°F. Remove plastic cover and heat for 20-25 minutes.
Microwave: Pierce plastic cover and microwave on HIGH 4-6 minutes. *If thawed, decrease heating time by at least half. Re-heating instructions are general guidelines only and may vary based on your microwave or oven. Rinsed trays can be recycled after you've finished your meal.*

2022			MONDAY	WEDNESDAY	FRIDAY
W	Jan 17-Jan 21	Aug 1-Aug 5	Boneless BBQ Ribs Spaghetti Vegetables	Beef Stew Potatoes Vegetables	Slow Roast Chicken Pasta Vegetables
E	Feb 14-Feb 18	Aug 29-Sep 2			
E	Mar 14-Mar 18	Sep 26-Sep 30			
K	Apr 11-Apr 15	Oct 24-Oct 28			
1	May 9-May 13	Nov 21-Nov 25			
	Jun 6-Jun 10	Dec 19-Dec 23			
	Jul 4-Jul 8				
W	Jan 24-Jan 28	Aug 8-Aug 12	Three Cheese Macaroni Vegetables	Pork Roast Mashed Potato Vegetables	Barbeque Meatloaf Roast Potatoes Vegetables
E	Feb 21-Feb 25	Sep 5-Sep 9			
E	Mar 21-Mar 25	Oct 3-Oct 7			
K	Apr 18-Apr 22	Oct 31-Nov 4			
2	May 16-May 20	Nov 28-Dec 2			
	Jun 13-Jun 17	Dec 26-Dec 30			
	Jul 11-Jul 15				
W	Jan 3-Jan 7	Jul 18-Jul 22	Curried Thai Chicken Jasmine Rice Vegetables	Shepherd's Pie Vegetables	Teriyaki Beef Rice Vegetables
E	Jan 31-Feb 4	Aug 15-Aug 19			
E	Feb 28-Mar 4	Sep 12-Sep 16			
K	Mar 28-Apr 1	Oct 10-Oct 14			
3	Apr 25-Apr 29	Nov 7-Nov 11			
	May 23-May 27	Dec 5-Dec 9			
	Jun 20-Jun 24				
W	Jan 10-Jan 14	Jul 25-Jul 29	Perogies & Turkey Sausages Vegetables	Roast Chicken Potatoes Vegetables	Fish & Chips Vegetables
E	Feb 7-Feb 11	Aug 22-Aug 26			
E	Mar 7-Mar 11	Sep 19-Sep 23			
K	Apr 4-Apr 8	Oct 17-Oct 21			
4	May 2-May 6	Nov 14-Nov 18			
	May 30-Jun 3	Dec 12-Dec 16			
	Jun 27-Jul 1				

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