



# North Shore Meals on Wheels – No Red Meat Entrée Menu

[www.carebc.ca/north-shore-mow](http://www.carebc.ca/north-shore-mow)

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North Shore Meals on Wheels (NSMOW) delivers Mondays, Wednesdays, and Friday on a 4-week menu rotation. Sandwich pack options, available in addition to a regular meal order, are listed at the bottom of the menu. No substitutions possible.

## Heating instructions:

Oven: Remove plastic cover; heat at 350°F for 15 minutes

Microwave: Pierce plastic cover; cook on high for 3-4 minutes

*-may vary depending on your oven/microwave. Rinsed trays may be recycled after you've finished your meal.*

2022		MONDAY	WEDNESDAY	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 Three Cheese Tortellini Vegetables Cookies</i>	<i>Cream of Tomato Battered Fish, Rice and Vegetables Fresh Orange</i>	<i>Corn Chowder Pasta Marinara Vegetables 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 Quiche Florentine Vegetables Banana</i>	<i>Cream of Potato Salmon Patty Pasta Vegetables Chocolate Mousse</i>	<i>Vegetable Soup Curried Veggie Stew Fried Rice 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 Vegetable Stir-Fry Rice Chocolate Cake</i>	<i>Cream of Broccoli Spaghetti Vongole Vegetables Muffin</i>	<i>Cream of Potato Vegetarian Burrito Vegetables 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 Vegetarian Chow Mein Fried Rice Chocolate Brownie</i>	<i>Chicken Noodle Seafood Casserole Vegetables Butterscotch Pudding</i>	<i>Mushroom Soup Quiche Florentine Vegetables Fruit Cocktail</i>
<b>Sandwich Packs</b>		Turkey & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit	

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.