



North Shore Meals on Wheels - Regular Entrée Menu

~includes some Red Meat options

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	Jan 17-Jan 21	Aug 1-Aug 5	Cream of Vegetable Chicken Teriyaki Mixed rice & peas Vegetables Cookies	Cream of Tomato BBQ Meatloaf Pasta Vegetables Fresh Orange	Corn Chowder Boneless BBQ Ribs Mashed Potatoes Vegetables Date Square
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	Cream of Cauliflower Mediterranean Chicken a la King Mashed potatoes Vegetables Banana	Vegetable Barley Soup Salisbury Steak Fried Potatoes Vegetables Cheesecake	Vegetable Soup Spaghetti and Meat Balls Vegetables Apple Crumble
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	Minestrone Roast Chicken Roast potatoes Vegetables Chocolate cake	Cream of Broccoli Cabbage Roll Vegetables Muffin	Cream of Potato Roast Pork Mashed Potatoes Vegetables Coconut Cake
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	Mulligatawny Chicken Cacciatore Noodles Vegetables Chocolate Brownie	Chicken Noodle Roast Turkey Rice Pilaf Vegetables Butterscotch Pudding	Mushroom Soup Shepherd's Pie Grilled Tomato Vegetables Cheesecake
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				
Sandwich Packs			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.