



# Western Meals on Wheels (Vancouver and Richmond)

## Frozen Entrée Schedule

The 4-week rotation of frozen options is available to clients who choose to receive frozen meals every weekday (or whichever regular delivery schedule suits their needs). An additional 10 Frozen entrees (next page) can be ordered any weekday; 5 Frozen breakfast options are listed at the bottom of the menu.

2023		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1	Jan 16-Jan 20 Feb 13-Feb 17 Mar 13-Mar 17 Apr 10-Apr 14 May 8-May 12 Jun 5-Jun 9 Jul 3-Jul 7	Jul 31- Aug 4 Aug 28-Sep 1 Sep 25-Sep 29 Oct 23-Oct 27 Nov 20-Nov 24 Dec 18-Dec 22	<b>Boneless BBQ Ribs</b> Spaghetti Vegetables	<b>Catch of the Day</b> Rice/Potatoes Vegetables	<b>Beef Stew</b> Potatoes Vegetables	<b>Roast Beef</b> Mashed Potatoes Vegetables	<b>Slow Roast Chicken</b> Pasta Vegetables
W E E K 2	Jan 23-Jan 27 Feb 20-Feb 24 Mar 20-Mar 24 Apr 17-Apr 21 May 15-May 19 Jun 12-Jun 16 Jul 10-Jul 14	Aug 7-Aug 11 Sep 4-Sep 8 Oct 2-Oct 6 Oct 30-Nov 3 Nov 27-Dec 1 Dec 25-Dec 29	<b>Three Cheese Macaroni</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables	<b>Pork Roast</b> Mashed Potato Vegetables	<b>Braised Lamb</b> Mashed Potato Vegetables	<b>Barbeque Meatloaf</b> Roast Potatoes Vegetables
W E E K 3	Jan 2-Jan 6 Jan 30-Feb 3 Feb 27-Mar 3 Mar 27-Mar 31 Apr 24-Apr 28 May 22-May 26 Jun 19-Jun 23	Jul 17-Jul 21 Aug 14-Aug 18 Sep 11-Sep 15 Oct 9-Oct 13 Nov 6-Nov 10 Dec 4-Dec 8	<b>Curried Thai Chicken</b> Jasmine Rice Vegetables	<b>Salisbury Steak</b> Roasted Potatoes Vegetables	<b>Shepherd's Pie</b> Vegetables	<b>Butter Chicken</b> Steamed Rice Vegetables	<b>Teriyaki Beef</b> Rice Vegetables
W E E K 4	Jan 9-Jan 13 Feb 6-Feb 10 Mar 6-Mar 10 Apr 3-Apr 7 May 1-May 5 May 29-Jun 2 Jun 26-Jun 30	Jul 24-Jul 28 Aug 21-Aug 25 Sep 18-Sep 22 Oct 16-Oct 20 Nov 13-Nov 17 Dec 11-Dec 15	<b>Perogies &amp; Turkey Sausages</b> Vegetables	<b>Chicken Cacciatore</b> Potatoes Vegetables	<b>Roast Chicken</b> Potatoes Vegetables	<b>Beef Lasagna</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables
<b>Frozen Breakfast</b>		<i>Scrambled eggs, bacon, hash browns</i>	<i>French toast, potatoes and eggs</i>	<i>Pancakes, scrambled eggs and bacon</i>	<i>Waffles, sausages and home fries</i>	<i>Three cheese omelettes, sausage and potatoes</i>	



## Western Meals on Wheels (Vancouver and Richmond) Additional Frozen Entrées

### **Additional Frozen Entrées:**

If you don't require frozen meals on a regular schedule, there are 10 frozen meals available for delivery any weekday. You can order up to 7 meals to be delivered on any delivery day. Contact the Meals on Wheels office for more details at (604) 732-7638.

- **FROZEN 1: Slow Roast Chicken with Potatoes and Vegetables**
- **FROZEN 2: Turkey Dinner with Mashed Potatoes, Vegetables and Stuffing**
- **FROZEN 3: Beef Lasagna with Seasonal Vegetables**
- **FROZEN 4: Salisbury Steak with Gravy, Mashed Potatoes and Vegetables**
- **FROZEN 5: Beef Shepherd's Pie with Seasonal Vegetables**
- **FROZEN 6: Pork Chop with Gravy, Mashed Potatoes and Vegetables**
- **FROZEN 7: BBQ Ribs, Mashed Potatoes and Vegetables**
- **FROZEN 8: Four Cheese Tortellini with Organic Tomato sauce\***
- **FROZEN 9: Vegetarian Chow Mein\***
- **FROZEN 0: Chicken Cacciatore with Roast Potatoes and Vegetables**

*\*Vegetarian options*

### **Reheating Frozen Meals:**

**Oven:** Preheat oven to 350° F. Remove plastic cover and place in oven for 10-20 minutes.

**Microwave:** Pierce plastic cover and microwave on HIGH 4-6 minutes.

If thawed first, decrease heating time by at least half. Re-heating instructions are meant to be general guidelines only; actual re-heating times may vary based on your microwave.