



# Western Meals on Wheels (Vancouver and Richmond)

## No red meat Hot Meals

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. Tuesday and Friday options are vegetarian; frozen vegetarian entrees are also available.

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	<i>Cream of Vegetable</i> <b>Chicken Teriyaki</b> <b>Mixed Rice &amp; Peas</b> <b>Vegetables</b> <i>Cookie</i>	<i>Carrot Soup</i> <b>Three Cheese Tortellini</b> <b>Vegetables</b> <i>Macaroon Bite</i>	<i>Cream of Tomato</i> <b>Perogies and Turkey</b> <b>Sausages</b> <b>Sauerkraut</b> <i>Fresh Orange</i>	<i>Seafood Chowder</i> <b>Battered Fish</b> <b>Rice</b> <b>Vegetables</b> <i>Brownie</i>	<i>Corn Chowder</i> <b>Vegetable Stew</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Date Square</i>
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	<i>Cream of Cauliflower</i> <b>Mediterranean Chicken</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Banana</i>	<i>Vegetable Barley Soup</i> <b>Quiche Florentine</b> <b>Vegetables</b> <i>Oatmeal Raisin Cookie</i>	<i>Chicken Vegetable Soup</i> <b>Butter Chicken</b> <b>Fried Rice</b> <b>Vegetables</b> <i>Cheesecake</i>	<i>Roasted Tomato Soup</i> <b>Poached Fish</b> <b>Basmati Rice with Mushrooms</b> <b>Vegetables</b> <i>Cinnamon Crunchie</i>	<i>Vegetable Soup</i> <b>Pasta Marinara</b> <b>Vegetables</b> <i>Apple Crumble</i>
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	<i>Minestrone</i> <b>Roast Chicken</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Chocolate Cake</i>	<i>Split Pea Soup</i> <b>Vegetable Stir-Fry</b> <b>Rice</b> <i>Apple</i>	<i>Cream of Broccoli</i> <b>BBQ Chicken</b> <b>Mixed Rice and Peas</b> <b>Vegetables</b> <i>Muffin</i>	<i>Clam Chowder</i> <b>Salmon Patty</b> <b>Pasta</b> <b>Vegetables</b> <i>Mini Donuts</i>	<i>Cream of Potato</i> <b>Veggie Burrito</b> <b>Potatoes</b> <b>Vegetables</b> <i>Coconut Cake</i>
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	<i>Mulligatawny</i> <b>Chicken Cacciatore</b> <b>Noodles</b> <b>Vegetables</b> <i>Brownie</i>	<i>Roasted Eggplant Soup</i> <b>Vegetarian Chow Mein</b> <b>Fried Rice</b> <i>Banana Loaf</i>	<i>Chicken Noodle Soup</i> <b>Roast Turkey</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Butterscotch Pudding</i>	<i>Navy Bean Soup</i> <b>Seafood Casserole</b> <b>Rice</b> <b>Vegetables</b> <i>Peach and Pear Halves</i>	<i>Mushroom Soup</i> <b>Vegetable Tower</b> <b>Tomato Sauce</b> <b>Vegetables</b> <i>Cheesecake</i>
<b>Sandwich Packs</b>		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit	