



North Shore Meals on Wheels – Frozen Entrée Menu

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

2023		MONDAY	WEDNESDAY	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	Boneless BBQ Ribs Spaghetti Vegetables	Beef Stew Potatoes Vegetables	Slow Roast Chicken 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	Three Cheese Macaroni Vegetables	Pork Roast Mashed Potato Vegetables	Barbeque Meatloaf 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	Curried Thai Chicken Jasmine Rice Vegetables	Shepherd's Pie Vegetables	Teriyaki Beef 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	Perogies & Turkey Sausages Vegetables	Roast Chicken Potatoes Vegetables	Fish & Chips Vegetables
Sandwich Packs		Turkey & Fruit	Egg Salad & Fruit	Chicken Salad & Fruit	
Frozen Breakfast		Bacon, Scrambled Eggs & Hash Browns	French Toast with Maple Syrup, Scrambled Eggs & Hash Browns	Three Cheese Omelette, Sausage & Hash Browns	

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.