



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.

2024		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1	Jan 15-Jan 19 Feb 12-Feb 16 Mar 11-Mar 15 Apr 8-Apr 12 May 6-May 10 Jun 3-Jun 7 Jul 1-Jul 5	Jul 29- Aug 2 Aug 26-Aug 30 Sept 23-Sept 27 Oct 21-Oct 25 Nov 18-Nov 22 Dec 16-Dec 20	Boneless BBQ Ribs Spaghetti Vegetables	Catch of the Day Rice/Potatoes Vegetables	Beef Stew Potatoes Vegetables	Roast Beef Mashed Potatoes Vegetables	Slow Roast Chicken Pasta Vegetables
W E E K 2	Jan 22-Jan 26 Feb 19-Feb 23 Mar 18-Mar 22 Apr 15-Apr 19 May 13-May 17 Jun 10-Jun 14 Jul 8-Jul 12	Aug 5-Aug 9 Sept 2-Sept 6 Sept 30-Oct 4 Oct 28-Nov 1 Nov 25-Nov 29 Dec 23-Dec 27	Three Cheese Macaroni Vegetables	Fish & Chips Vegetables	Pork Roast Mashed Potato Vegetables	Braised Lamb Mashed Potato Vegetables	Barbeque Meatloaf Roast Potatoes Vegetables
W E E K 3	Jan 1-Jan 5 Jan 29-Feb 2 Feb 26-Mar 1 Mar 25-Mar 29 Apr 22-Apr 26 May 20-May 24 Jun 17-Jun 21	Jul 15-Jul 19 Aug 12-Aug 16 Sept 9-Sept 13 Oct 7-Oct 11 Nov 4-Nov 8 Dec 2-Dec 6 Dec 30-Dec 31	Curried Thai Chicken Jasmine Rice Vegetables	Salisbury Steak Roasted Potatoes Vegetables	Shepherd's Pie Vegetables	Butter Chicken Steamed Rice Vegetables	Teriyaki Beef Rice Vegetables
W E E K 4	Jan 8-Jan 12 Feb 5-Feb 9 Mar 4-Mar 8 Apr 1-Apr 5 Apr 29-May 3 May 27-May 31 Jun 24-Jun 28	Jul 22-Jul 26 Aug 19-Aug 23 Sept 16-Sept 20 Oct 14-Oct 18 Nov 11-Nov 15 Dec 9-Dec 13	Perogies & Turkey Sausages Vegetables	Chicken Cacciatore Potatoes Vegetables	Roast Chicken Potatoes Vegetables	Beef Lasagna Vegetables	Fish & Chips Vegetables
Frozen Breakfast		<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.