



# Western Meals on Wheels (Vancouver and Richmond)

## Regular Hot Meal Menu

- includes some Red Meat options
- also available as Minced.

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.

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	<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>Barbeque Meatloaf</b> <b>Pasta</b> <b>Vegetables</b> <i>Macaroon Bite</i>	<i>Cream of Tomato</i> <b>Perogies and Turkey 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>Boneless BBQ Ribs</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Date Square</i>
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	<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>Salisbury Steak</b> <b>Fried Potatoes</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>Spaghetti and Meat Balls</b> <b>Vegetables</b> <i>Apple Crumble</i>
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	<i>Minestrone</i> <b>Roast Chicken</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Chocolate Cake</i>	<i>Split Pea Soup</i> <b>Cabbage Rolls</b> <b>Vegetables</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>Roast Pork</b> <b>Mashed Potatoes</b> <b>Vegetables</b> <i>Coconut Cake</i>
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	<i>Mulligatawny</i> <b>Chicken Cacciatore</b> <b>Noodles</b> <b>Vegetables</b> <i>Brownie</i>	<i>Roasted Eggplant Soup</i> <b>Sweet and Sour Meatballs, Rice Pilaf</b> <b>Vegetables</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>Shepherd's Pie</b> <b>Grilled Tomato</b> <b>Vegetables</b> <i>Cheesecake</i>
<b>Sandwich Packs</b>		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit	