



North Shore Meals on Wheels – Regular Entrée Menu

~ includes Red Meat Options

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

| 2024 | | MONDAY | WEDNESDAY | FRIDAY |
|-------------------|-----------------|---|--|---|
| WEEK 1 | Jan 15-Jan 19 | Cream of Vegetable Soup Chicken Teriyaki Mixed Rice & Vegetables <i>Cookie</i> | Cream of Tomato Soup Salisbury Steak Fried Potatoes & Vegetables <i>Fresh Orange</i> | Corn Chowder Boneless BBQ Ribs Mashed Potatoes & Vegetables <i>Date Square</i> |
| | Feb 12-Feb 16 | | | |
| | Mar 11-Mar 15 | | | |
| | Apr 8-Apr 12 | | | |
| WEEK 2 | May 6-May 10 | Cream of Cauliflower Soup Mediterranean Chicken Mashed Potatoes & Vegetables <i>Banana</i> | Chicken Vegetable Soup Butter Chicken Fried Rice & Vegetables <i>Cheesecake</i> | Vegetable Soup Spaghetti and Meat Balls Vegetables <i>Apple Crumble</i> |
| | Jun 3-Jun 7 | | | |
| | Jul 1-Jul 5 | | | |
| | Aug 2-Aug 5 | | | |
| WEEK 3 | Aug 26-Aug 30 | Minestrone Soup BBQ Chicken Mixed Rice & Vegetables <i>Chocolate Cake</i> | Cream of Broccoli Soup Sweet and Sour Meatballs Rice Pilaf & Vegetables <i>Muffin</i> | Cream of Potato Soup BBQ Meatloaf Pasta & Vegetables <i>Coconut Cake</i> |
| | Sept 23-Sept 27 | | | |
| | Oct 21-Oct 25 | | | |
| | Nov 18-Nov 22 | | | |
| WEEK 4 | Dec 16-Dec 20 | Mulligatawny Soup Chicken Cacciatore Noodles & Vegetables <i>Chocolate Brownie</i> | Chicken Noodle Soup Roast Turkey Rice Pilaf & Vegetables <i>Butterscotch Pudding</i> | Mushroom Soup Shepherd's Pie Grilled Tomato & Vegetables <i>Cheesecake</i> |
| | Jan 13-Jan 17 | | | |
| | Feb 10-Feb 14 | | | |
| | Mar 7-Mar 11 | | | |
| Sandwich Packs | | Turkey & Fruit | Egg Salad & Fruit | Chicken Salad & Fruit |
| Frozen Breakfasts | | Bacon, Scrambled Eggs & Hash Browns | French Toast with Maple Syrup, Scrambled Eggs & Hash Browns | Three Cheese Omelette, Sausage & Hash Browns |