

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
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	Cream of Vegetable Soup Chicken Teriyaki Mixed Rice & Vegetables Cookie	Cream of Tomato Soup Salisbury Steak Fried Potatoes & Vegetables Fresh Orange	Corn Chowder Boneless BBQ Ribs Mashed Potatoes & Vegetables Date Square
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	Cream of Cauliflower Soup Mediterranean Chicken Mashed Potatoes & Vegetables Banana	Chicken Vegetable Soup Butter Chicken Fried Rice & Vegetables Cheesecake	Vegetable Soup Spaghetti and Meat Balls Vegetables Apple Crumble
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	Minestrone Soup BBQ Chicken Mixed Rice & Vegetables Chocolate Cake	Cream of Broccoli Soup Sweet and Sour Meatballs Rice Pilaf & Vegetables Muffin	Cream of Potato Soup BBQ Meatloaf Pasta & Vegetables Coconut Cake
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	Mulligatawny Soup Chicken Cacciatore Noodles & Vegetables Chocolate Brownie	Chicken Noodle Soup Roast Turkey Rice Pilaf & Vegetables Butterscotch Pudding	Mushroom Soup Shepherd's Pie Grilled Tomato & Vegetables Cheesecake
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