



# Western Meals on Wheels (Vancouver and Richmond)

## Daily Frozen Entrée Menu

Meals on Wheels menu options follow a four-week rotation.

Frozen breakfast options are listed at the bottom of this menu. An additional 10 Frozen entrées can be ordered on any weekday.

2025		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>WEEK 1</b>	Jan 13-Jan 17 Feb 10-Feb 14 Mar 10-Mar 14 Apr 7-Apr 11 May 5-May 9 Jun 2-Jun 6 Jun 30-Jul 4	Jul 28- Aug 1 Aug 25-Aug 29 Sept 22-Sept 26 Oct 20-Oct 24 Nov 17-Nov 21 Dec 15-Dec 19	<b>Boneless BBQ Ribs</b> Spaghetti Vegetables	<b>Catch of the Day</b> Rice/Potatoes Vegetables	<b>Beef Stew</b> Potatoes Vegetables	<b>Roast Beef</b> Mashed Potatoes Vegetables	<b>Slow Roast Chicken</b> Pasta Vegetables
<b>WEEK 2</b>	Jan 20-Jan 24 Feb 17-Feb 21 Mar 17-Mar 21 Apr 14-Apr 18 May 12-May 16 Jun 9-Jun 13 Jul 7-Jul 11	Aug 4-Aug 8 Sept 1-Sept 5 Sept 29-Oct 3 Oct 27-Oct 31 Nov 24-Nov 28 Dec 22-Dec 26	<b>Three Cheese Macaroni</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables	<b>Pork Roast</b> Mashed Potato Vegetables	<b>Braised Lamb</b> Mashed Potato Vegetables	<b>Barbeque Meatloaf</b> Roast Potatoes Vegetables
<b>WEEK 3</b>	Dec 30-Jan 3 Jan 27-Jan 31 Feb 24-Feb 28 Mar 24-Mar 28 Apr 21-Apr 25 May 19-May 23 Jun 16-Jun 20	Jul 14-Jul 18 Aug 11-Aug 15 Sept 8-Sept 12 Oct 6-Oct 10 Nov 3-Nov 7 Dec 1-Dec 5 Dec 29-Dec 31	<b>Curried Thai Chicken</b> Jasmine Rice Vegetables	<b>Salisbury Steak</b> Roasted Potatoes Vegetables	<b>Shepherd's Pie</b> Vegetables	<b>Butter Chicken</b> Steamed Rice Vegetables	<b>Teriyaki Beef</b> Rice Vegetables
<b>WEEK 4</b>	Jan 6-Jan 10 Feb 3-Feb 7 Mar 3-Mar 7 Mar 31-Apr 4 Apr 28-May 2 May 26-May 30 Jun 23-Jun 27	Jul 21-Jul 25 Aug 18-Aug 22 Sept 15-Sept 19 Oct 13-Oct 17 Nov 10-Nov 14 Dec 8-Dec 12	<b>Perogies &amp; Turkey Sausages</b> Vegetables	<b>Chicken Cacciatore</b> Potatoes Vegetables	<b>Roast Chicken</b> Potatoes Vegetables	<b>Beef Lasagna</b> Vegetables	<b>Fish &amp; Chips</b> Vegetables
<b>Frozen Breakfast</b>		Scrambled eggs, bacon, hash browns	French toast, potatoes and eggs	Pancakes, scrambled eggs and bacon	Waffles, sausages and home fries	Three cheese omelette, sausage and potatoes	



## Western Meals on Wheels (Vancouver and Richmond) Additional Bulk Frozen Entrées Menu

### **Additional Frozen Entrées:**

Clients may order up to seven frozen entrées per delivery, available on any weekday. For more details, please contact the Meals on Wheels office 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.

Re-heating instructions are meant to be general guidelines only; actual re-heating times may vary based on your microwave.