



# Western Meals on Wheels (Vancouver and Richmond)

## Non-Red Meat Hot Meal Menu

- Tuesday and Friday options are vegetarian
- Frozen vegetarian entrees are also available

Meals on Wheels menu options follow a four-week rotation. Sandwich packs are available in addition to a hot or frozen meal order.

2025		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Jan 13-Jan 17	<b>Cream of Vegetable</b>  <b>Chicken Teriyaki Rice &amp; Vegetables</b>  Cookie	<b>Carrot Soup</b>  <b>Cheese Tortellini Vegetables</b>  Macaroon Bite	<b>Cream of Tomato</b>  <b>Perogies Turkey Sausages Sauerkraut</b>  Fruit	<b>Seafood Chowder</b>  <b>Battered Fish Rice &amp; Vegetables</b>  Brownie	<b>Corn Chowder</b>  <b>Vegetable Stew Mashed Potatoes Vegetables</b>  Date Square
	Feb 10-Feb 14					
	Mar 10-Mar 14					
	Apr 7-Apr 11					
	May 5-May 9					
	Jun 2-Jun 6					
	Jun 30-Jul 4					
<b>WEEK 2</b>	Jan 20-Jan 24	<b>Cream of Cauliflower</b>  <b>Mediterranean Chicken Mashed Potatoes Vegetables</b>  Fruit	<b>Vegetable Barley</b>  <b>Quiche Florentine Vegetables</b>  Oatmeal Raisin Cookie	<b>Chicken Vegetable</b>  <b>Butter Chicken Rice &amp; Vegetables</b>  Cheesecake	<b>Roasted Tomato</b>  <b>Poached Fish Rice &amp; Vegetables</b>  Cinnamon Crunchie	<b>Vegetable Soup</b>  <b>Pasta Marinara Vegetables</b>  Apple Crumble
	Feb 17-Feb 21					
	Mar 17-Mar 21					
	Apr 14-Apr 18					
	May 12-May 16					
	Jun 9-Jun 13					
	Jul 7-Jul 11					
<b>WEEK 3</b>	Dec 30-Jan 3	<b>Minestrone Soup</b>  <b>Roast Chicken Mashed Potatoes Vegetables</b>  Chocolate Cake	<b>Split Pea Soup</b>  <b>Vegetable Stir-Fry Rice</b>  Fruit	<b>Cream of Broccoli</b>  <b>BBQ Chicken Rice &amp; Vegetables</b>  Muffin	<b>Clam Chowder</b>  <b>Salmon Patty Pasta &amp; Vegetables</b>  Mini Donuts	<b>Cream of Potato</b>  <b>Veggie Burrito Potatoes &amp; Vegetables</b>  Coconut Cake
	Jan 27-Jan 31					
	Feb 24-Feb 28					
	Mar 24-Mar 28					
	Apr 21-Apr 25					
	May 19-May 23					
	Jun 16-Jun 20					
<b>WEEK 4</b>	Jan 6-Jan 10	<b>Mulligatawny Soup</b>  <b>Chicken Cacciatore Noodles Vegetables</b>  Brownie	<b>Roasted Eggplant</b>  <b>Vegetarian Chow Mein Fried Rice</b>  Banana Loaf	<b>Chicken Noodle</b>  <b>Roast Turkey Mashed Potatoes Vegetables</b>  Butterscotch Pudding	<b>Navy Bean Soup</b>  <b>Seafood Casserole Rice &amp; Vegetables</b>  Peach and Pear Halves	<b>Mushroom Soup</b>  <b>Vegetable Tower Tomato Sauce Vegetables</b>  Cheesecake
	Feb 3-Feb 7					
	Mar 3-Mar 7					
	Mar 31-Apr 4					
	Apr 28-May 2					
	May 26-May 30					
	Jun 23-Jun 27					
<b>Sandwich Packs</b>		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit

Meals on Wheels, a charitable program serving Vancouver, Richmond & North Shore, is operated by the Health and Home Care Society of BC (also known as "Care BC").

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