



Western Meals on Wheels (Vancouver and Richmond)

Regular Hot Meal Menu

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

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	
WEEK 1	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	Cream of Vegetable Chicken Teriyaki Rice & Vegetables Cookie	Carrot Soup BBQ Meatloaf Pasta & Vegetables Macaroon Bite	Cream of Tomato Perogies Turkey Sausages Sauerkraut Fruit	Seafood Chowder Battered Fish Rice & Vegetables Brownie	Corn Chowder Boneless BBQ Ribs Mashed Potatoes Vegetables Date Square
	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	Cream of Cauliflower Mediterranean Chicken Mashed Potatoes Vegetables Fruit	Vegetable Barley Salisbury Steak Fried Potatoes Vegetables Oatmeal Raisin Cookie	Chicken Vegetable Butter Chicken Rice & Vegetables Cheesecake	Roasted Tomato Poached Fish Rice & Vegetables Cinnamon Crunchie	Vegetable Soup Spaghetti Meat Balls Vegetables Apple Crumble
WEEK 3	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	Minestrone Soup Roast Chicken Mashed Potatoes Vegetables Chocolate Cake	Split Pea Soup Cabbage Rolls Vegetables Fruit	Cream of Broccoli BBQ Chicken Rice & Vegetables Muffin	Clam Chowder Salmon Patty Pasta & Vegetables Mini Donuts	Cream of Potato Roast Pork Mashed Potatoes Vegetables Coconut Cake
	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	Mulligatawny Soup Chicken Cacciatore Noodles Vegetables Brownie	Roasted Eggplant Sweet & Sour Meatballs Rice & Vegetables Banana Loaf	Chicken Noodle Roast Turkey Mashed Potatoes Vegetables Butterscotch Pudding	Navy Bean Soup Seafood Casserole Rice & Vegetables Peach & Pear Halves	Mushroom Soup Shepherd's Pie Grilled Tomato Vegetables Cheesecake
Sandwich Packs		Turkey & Fruit	Vegetarian & Fruit	Egg Salad & Fruit	Tuna Salad & Fruit	Chicken Salad & Fruit	