



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.

2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Jan 12-Jan 16	Boneless BBQ Ribs Spaghetti Vegetables	Catch of the Day Rice/Potatoes Vegetables	Beef Stew Potatoes Vegetables	Roast Beef Mashed Potatoes Vegetables	Slow Roast Chicken Pasta Vegetables
	Feb 9-Feb 13					
	Mar 9-Mar 13					
	Apr 6-Apr 10					
	May 4-May 8					
	Jun 1-Jun 5					
	Jul 27- Jul 31					
Aug 24-Aug 28						
Sept 21-Sept 25						
Oct 19-Oct 23						
Nov 16-Nov 20						
Dec 14-Dec 18						
WEEK 2	Jan 19-Jan 23	Three Cheese Macaroni Vegetables	Fish & Chips Vegetables	Pork Roast Mashed Potato Vegetables	Braised Lamb Mashed Potato Vegetables	Barbeque Meatloaf Roast Potatoes Vegetables
	Feb 16-Feb 20					
	Mar 16-Mar 20					
	Apr 13-Apr 17					
	May 11-May 15					
	Jun 8-Jun 12					
	Jul 3-Aug 7					
Aug 31-Sept 4						
Sept 28-Oct 2						
Oct 26-Oct 30						
Nov 23-Nov 27						
Dec 21-Dec 25						
WEEK 3	Jan 26-Jan 30	Curried Thai Chicken Jasmine Rice Vegetables	Salisbury Steak Roasted Potatoes Vegetables	Shepherd's Pie Vegetables	Butter Chicken Steamed Rice Vegetables	Teriyaki Beef Rice Vegetables
	Feb 23-Feb 27					
	Mar 23-Mar 27					
	Apr 20-Apr 24					
	May 18-May 22					
	Jun 15-Jun 19 Jul 13-Jul 17					
	Aug 10-Aug 14					
Sept 7-Sept 11						
Oct 5-Oct 9						
Nov 2-Nov 6						
Nov 30-Dec 4						
Dec 28-Dec 31						
WEEK 4	Jan 5-Jan 9	Perogies & Turkey Sausages Vegetables	Chicken Cacciatore Potatoes Vegetables	Roast Chicken Potatoes Vegetables	Beef Lasagna Vegetables	Fish & Chips Vegetables
	Feb 2-Feb 6					
	Mar 2-Mar 6					
	Mar 30-Apr 3					
	Apr 27-May 1					
	May 25-May 29					
	Jul 20-Jul 24					
Aug 17-Aug 21						
Sept 14-Sept 18						
Oct 12-Oct 16						
Nov 9-Nov 13						
Dec 7-Dec 11						
Frozen Breakfast		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.