



Health & Home  
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Society of BC

# Western Meals on Wheels (Vancouver and Richmond)

## Daily Frozen Entrée Menu

Effective June 1st, 2026

- Please see our Additional Frozen Entrée Menu for more frozen meal options.
- Menu options follow a four-week rotation.

2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W E E K 1	Jan 12-Jan 16	Tomato Pulled Pork	Honey Garlic Chicken	Beef & Sausage Lasagna	BBQ Chicken	Butter Chicken
	Feb 9-Feb 13					
	Mar 9-Mar 13					
	Apr 6-Apr 10					
	May 4-May 8					
	Jun 1-Jun 5					
	Jun 29-Jul 3					
W E E K 2	Jan 19-Jan 23	Shepherd's Pie	Mediterranean Tomato Chicken	Japanese Pork Curry	Italian Sausage Marinara Pasta	Turkey Patty with Gravy
	Feb 16-Feb 20					
	Mar 16-Mar 20					
	Apr 13-Apr 17					
	May 11-May 15					
	Jun 8-Jun 12					
	Jul 6-Jul 10					
W E E K 3	Jan 26-Jan 30	Salmon with Sweet Pepper Sauce	Baked Chicken with Apple Sauce	Lemon Garlic Chicken	Mushroom Alfredo Pasta	Thai Curry Chicken
	Feb 23-Feb 27					
	Mar 23-Mar 27					
	Apr 20-Apr 24					
	May 18-May 22					
	Jun 15-Jun 19					
	Jul 13-Jul 17					
W E E K 4	Jan 5-Jan 9	Pork Chow Mein Noodles	Teriyaki Chicken	Tuna Casserole	Pork Stew with Root Vegetables	Fish & Chips
	Feb 2-Feb 6					
	Mar 2-Mar 6					
	Mar 30-Apr 3					
	Apr 27-May 1					
	May 25-May 29					
	Jun 22-Jun 26					



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

The following ten frozen meals are available for order on any weekday. Clients may request up to seven meals per delivery. For further information, please contact the Meals on Wheels office at (604) 732-7638.

- FROZEN 1: Roast Chicken with Gravy, Roast Potatoes, and Vegetables
- FROZEN 2: Turkey Patty with Gravy, Roast Potatoes, and Vegetables
- FROZEN 3: Beef & Italian Sausage Lasagna with Vegetables
- FROZEN 4: Pork Stew with Root Vegetables
- FROZEN 5: Beef Shepherd's Pie with Vegetables
- FROZEN 6: Tuna Casserole with Vegetables
- FROZEN 7: Vegetable & Tofu Chow Mein (Vegetarian)
- FROZEN 8: Mushroom Alfredo Pasta (Vegetarian)
- FROZEN 9: Pancakes, Scrambled Eggs, and Sausage
- FROZEN 10: Scrambled Eggs, Bacon, and Hash Browns

**\*\*Meal containers are NOT oven safe\*\***

### Heating Instructions for Frozen Meals (Microwave only):

Remove the lid before heating. Microwave on high for approximately 5–7 minutes, stopping to stir every 2- 3 minutes until the meal is steaming hot and reaches 165°F (74°C). Please be advised that heating times may vary depending on the wattage and performance of your microwave.