



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.

2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
WEEK 1	Jan 12-Jan 16	Jul 27- Jul 31	Cream of Vegetable	Carrot Soup	Cream of Tomato	Seafood Chowder	Corn Chowder	
	Feb 9-Feb 13	Aug 24-Aug 28	Chicken Teriyaki Rice & Vegetables	Cheese Tortellini Vegetables	Perogies Turkey Sausages Sauerkraut	Battered Fish Rice & Vegetables	Vegetable Stew Mashed Potatoes Vegetables	
	Mar 9-Mar 13	Sept 21-Sept 25						Cookie
	Apr 6-Apr 10	Oct 19-Oct 23						
	May 4-May 8	Nov 16-Nov 20						
Jun 1-Jun 5	Dec 14-Dec 18							
Jun 29-Jul 3								
WEEK 2	Jan 19-Jan 23	Aug 3-Aug 7	Cream of Cauliflower	Vegetable Barley	Chicken Vegetable	Roasted Tomato	Vegetable Soup	
	Feb 16-Feb 20	Aug 31-Sept 4	Mediterranean Chicken Mashed Potatoes Vegetables	Quiche Florentine Vegetables	Butter Chicken Rice & Vegetables	Poached Fish Rice & Vegetables	Pasta Marinara Vegetables	
	Mar 16-Mar 20	Sept 28-Oct 2						Fruit
	Apr 13-Apr 17	Oct 26-Oct 30						
	May 11-May 15	Nov 23-Nov 27						
Jun 8-Jun 12	Dec 21-Dec 25							
Jul 6-Jul 10								
WEEK 3	Jan 26-Jan 30	Aug 10-Aug 14	Minestrone Soup	Split Pea Soup	Cream of Broccoli	Clam Chowder	Cream of Potato	
	Feb 23-Feb 27	Sept 7-Sept 11	Roast Chicken Mashed Potatoes Vegetables	Vegetable Stir-Fry Rice	BBQ Chicken Rice & Vegetables	Salmon Patty Pasta & Vegetables	Veggie Burrito Potatoes & Vegetables	
	Mar 23-Mar 27	Oct 5-Oct 9						Chocolate Cake
	Apr 20-Apr 24	Nov 2-Nov 6						
	May 18-May 22	Nov 30-Dec 4						
Jun 15-Jun 19	Dec 28-Dec 31							
Jul 13-Jul 17								
WEEK 4	Jan 5-Jan 9	Jul 20-Jul 24	Mulligatawny Soup	Roasted Eggplant	Chicken Noodle	Navy Bean Soup	Mushroom Soup	
	Feb 2-Feb 6	Aug 17-Aug 21	Chicken Cacciatore Noodles Vegetables	Vegetarian Chow Mein Fried Rice	Roast Turkey Mashed Potatoes Vegetables	Seafood Casserole Rice & Vegetables	Vegetable Tower Tomato Sauce Vegetables	
	Mar 2-Mar 6	Sept 14-Sept 18						Brownie
	Mar 30-Apr 3	Oct 12-Oct 16						
	Apr 27-May 1	Nov 9-Nov 13						
May 25-May 29	Dec 7-Dec 11							
Jun 22-Jun 26								
Sandwich Packs		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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