



Health & Home
CARE
Society of BC

Western Meals on Wheels (Vancouver and Richmond)

Non-Red Meat Hot Meal Menu

Effective June 1st, 2026

- Menu options follow a four-week rotation.
- Tuesday and Friday meals are vegetarian
- Also available as minced

2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
W E E K 1	Jan 12-Jan 16	Jul 27-Jul 31	Cabbage Soup	Corn Chowder	Tomato Basil Soup	Cream of Broccoli	French Onion Soup
	Feb 9-Feb 13	Aug 24-Aug 28	Baked Chicken with Apple Sauce	Thai Curry Tofu	Roast Turkey with Cranberry Sauce	Salmon with Sweet Pepper Sauce	Tofu Bolognese Pasta
	Mar 9-Mar 13	Sept 21-Sept 25					
	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						
W E E K 2	Jan 19-Jan 23	Aug 3-Aug 7	Cream of Cauliflower	Pumpkin Soup	Cream of Vegetable	Cream of Mushroom	Chicken Noodle Soup
	Feb 16-Feb 20	Aug 31-Sept 4	Lemon Garlic Chicken	Vegetarian Chili	Chicken Alfredo Pasta	Mediterranean Tomato Fish	Mushroom & Tofu Chow Mein
	Mar 16-Mar 20	Sept 28-Oct 2					
	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						
W E E K 3	Jan 26-Jan 30	Aug 10-Aug 14	Cabbage Soup	Corn Chowder	Tomato Basil Soup	Cream of Broccoli	French Onion Soup
	Feb 23-Feb 27	Sept 7-Sept 11	Roast Chicken with Gravy	Butter Tofu	Chicken Rosé Pasta	Tuna Casserole	Vegetarian Quiche
	Mar 23-Mar 27	Oct 5-Oct 9					
	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						
W E E K 4	Jan 5-Jan 9	Jul 20-Jul 24	Cream of Cauliflower	Pumpkin Soup	Cream of Vegetable	Cream of Mushroom	Chicken Noodle Soup
	Feb 2-Feb 6	Aug 17-Aug 21	Mediterranean Tomato Chicken	Teriyaki Tofu	BBQ Chicken	Seared Fish with Lemon Cream Sauce	Mushroom Alfredo Pasta
	Mar 2-Mar 6	Sept 14-Sept 18					
	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 & Soup	Vegetarian & Soup	Egg Salad & Soup	Tuna Salad & Soup	Chicken Salad & Soup	

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").

204 - 3077 Granville St., Vancouver, BC V6H 3J9 | www.carebc.ca | Western Meals on Wheels 604-732-7638