



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.

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	BBQ Meatloaf	Perogies	Battered Fish	Boneless BBQ Ribs
	Mar 9-Mar 13	Sept 21-Sept 25	Rice & Vegetables	Pasta & Vegetables	Turkey Sausages	Rice & Vegetables	Mashed Potatoes
	Apr 6-Apr 10	Oct 19-Oct 23	Cookie	Macaroon Bite	Sauerkraut	Brownie	Vegetables
	May 4-May 8	Nov 16-Nov 20			Fruit		Date Square
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	Salisbury Steak	Butter Chicken	Poached Fish	Spaghetti Meat Balls
	Mar 16-Mar 20	Sept 28-Oct 2	Chicken	Fried Potatoes	Rice & Vegetables	Rice & Vegetables	Vegetables
	Apr 13-Apr 17	Oct 26-Oct 30	Mashed Potatoes	Vegetables	Cheesecake	Cinnamon Crunchie	Apple Crumble
	May 11-May 15	Nov 23-Nov 27	Cookie	Oatmeal Raisin			
Jun 8-Jun 12	Dec 21-Dec 25	Fruit	Cookie				
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	Cabbage Rolls	BBQ Chicken	Salmon Patty	Roast Pork
	Mar 23-Mar 27	Oct 5-Oct 9	Mashed Potatoes	Vegetables	Rice & Vegetables	Pasta & Vegetables	Mashed Potatoes
	Apr 20-Apr 24	Nov 2-Nov 6	Vegetables	Fruit	Muffin	Mini Donuts	Vegetables
	May 18-May 22	Nov 30-Dec 4	Chocolate Cake				Coconut Cake
Jun 15-Jun 19 Jul 13-Jul 17	Dec 28-Dec 31						
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	Sweet & Sour	Roast Turkey	Seafood Casserole	Shepherd's Pie
	Mar 2-Mar 6	Sept 14-Sept 18	Noodles	Meatballs	Mashed Potatoes	Rice & Vegetables	Grilled Tomato
	Mar 30-Apr 3	Oct 12-Oct 16	Vegetables	Rice & Vegetables	Vegetables	Peach & Pear Halves	Vegetables
	Apr 27-May 1	Nov 9-Nov 13	Brownie	Banana Loaf	Butterscotch Pudding		Cheesecake
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	