

NAME: \_\_\_\_\_

**MEALS ON WHEELS MENU Ph: 250-763-2424**

**May 2025**

<b>MONDAY</b> <b>April 28, 2025</b>	<b>WEDNESDAY</b> <b>April 30, 2025</b>	<b>FRIDAY</b> <b>May 2, 2025</b>
<b>ENTRÉE - CHOOSE 1</b>	<b>ENTRÉE - CHOOSE 1</b>	<b>ENTRÉE - CHOOSE 1</b>
1) Meatloaf w/ Beef Gravy & Creamed Corn <input type="checkbox"/>	1) Baked Chicken Teriyaki w/ Carrots <input type="checkbox"/>	1) Roast Pork & Gravy w/ Braised Red Cabbage <input type="checkbox"/>
2) Turkey Pot Pie w/ Rutabagas <input type="checkbox"/>	2) Sweet & Sour Meatballs w/ Pineapple & Green Beans <input type="checkbox"/>	2) Chili Con Carne (not spicy) w/ Biscuit <input type="checkbox"/>
3) Fettucini w/ Mushrooms & Garlic Toast ( <b>no side</b> ) <input type="checkbox"/>	3) Broccoli & Cheddar Fritata & Baked Beans <input type="checkbox"/>	3) Teriyaki Veggie Stirfry <input type="checkbox"/>
<b>SIDE - CHOOSE 1</b>	<b>SIDE - CHOOSE 1</b>	<b>SIDE - CHOOSE 1</b>
1) Mashed Potatoes <input type="checkbox"/>	1) Basmati Rice <input type="checkbox"/>	1) Rice Pilaf <input type="checkbox"/>
2) Butter Garlic Mushroom & Peas Medley <input type="checkbox"/>	2) Chow Mein Noodles <input type="checkbox"/>	2) Roast Potatoes <input type="checkbox"/>
<b>SOUP OR SALAD- CHOOSE 1</b>	<b>SOUP OR SALAD- CHOOSE 1</b>	<b>SOUP OR SALAD- CHOOSE 1</b>
1) Chicken Vegetable Soup <input type="checkbox"/>	1) Cream of Tomato Macaroni Soup <input type="checkbox"/>	1) Yam & Red Lentil Soup <input type="checkbox"/>
2) Green Salad w/ Italian Dressing <input type="checkbox"/>	2) Caesar Salad <input type="checkbox"/>	2) Spinach Salad w/ Sweet Onion Dressing <input type="checkbox"/>
<b>DESSERT - CHOOSE 1</b>	<b>DESSERT - CHOOSE 1</b>	<b>DESSERT - CHOOSE 1</b>
1) Chocolate Cake <input type="checkbox"/>	1) Shortbread <input type="checkbox"/>	1) Jello Squares & Whipped Cream <input type="checkbox"/>
2) Berries <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>	2) Fruit Salad <input type="checkbox"/>

<b>MONDAY</b> <b>May 5, 2025</b>	<b>WEDNESDAY</b> <b>May 7, 2025</b>	<b>FRIDAY</b> <b>May 9, 2025</b>
<b>ENTRÉE - CHOOSE 1</b>	<b>ENTRÉE - CHOOSE 1</b>	<b>ENTRÉE - CHOOSE 1</b>
1) Sweet & Sour Pork w/ Pineapple & Tomato <input type="checkbox"/>	1) Salisbury Steak w/ Gravy & Peas <input type="checkbox"/>	1) "Shake & Bake" Chicken w/ Creamed Corn <input type="checkbox"/>
2) Breakfast w/ French Toast & Bacon <input type="checkbox"/>	2) Batterered Cod w/ Tartar Sauce and Mushy Peas <input type="checkbox"/>	2) Beef Stew w/ Dumpling <input type="checkbox"/>
3) Baked Yam Stuffed with Feta & Walnuts w/ Corn <input type="checkbox"/>	3) Veggie Spaghetti & Parmesan w/ Garlic Toast ( <b>no side</b> ) <input type="checkbox"/>	3) Ratatouille Stew w/ Eggplant & Tomato w/ Dinner Roll <input type="checkbox"/>
<b>SIDE - CHOOSE 1</b>	<b>SIDE - CHOOSE 1</b>	<b>SIDE - CHOOSE 1</b>
1) Basmati Rice <input type="checkbox"/>	1) Bowtie Noodle w/ Butter & Parsley <input type="checkbox"/>	1) Mashed Potatoes <input type="checkbox"/>
2) Hashbrown <input type="checkbox"/>	2) Fries <input type="checkbox"/>	2) Green Bean Casserole <input type="checkbox"/>
<b>SOUP OR SALAD- CHOOSE 1</b>	<b>SOUP OR SALAD- CHOOSE 1</b>	<b>SOUP OR SALAD- CHOOSE 1</b>
1) Cream of Asparagus Soup <input type="checkbox"/>	1) Hobo Soup (Cabbage & Hamburger) <input type="checkbox"/>	1) Split Pea & Ham Soup <input type="checkbox"/>
2) Sweet Pickle Cucumber Sesame Salad <input type="checkbox"/>	2) Green Salad w/ Dill Ranch Dressing <input type="checkbox"/>	2) Macaroni Salad <input type="checkbox"/>
<b>DESSERT - CHOOSE 1</b>	<b>DESSERT - CHOOSE 1</b>	<b>DESSERT - CHOOSE 1</b>
1) Butterscotch Pudding w/ Whipped Cream <input type="checkbox"/>	1) Strawberry Cake w/ Strawberry Frosting <input type="checkbox"/>	1) Lemon Tart <input type="checkbox"/>
2) Seasonal Fruit <input type="checkbox"/>	2) Fruit Salad <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>

<b>MONDAY</b> <b>May 12, 2025</b>	<b>WEDNESDAY</b> <b>May 14, 2025</b>	<b>FRIDAY</b> <b>May 16, 2025</b>
<b>ENTRÉE - CHOOSE 1</b>	<b>ENTRÉE - CHOOSE 1</b>	<b>ENTRÉE - CHOOSE 1</b>
1) Lasagna w/ Garlic Toast ( <b>no side</b> ) <input type="checkbox"/>	1) Turkey & Cranberry Stuffing & Rutabaga w/ Gravy <input type="checkbox"/>	1) Shepherd's Pie w/ Gravy <input type="checkbox"/>
2) Ham & Honey Mustard w/ Fried Zucchini & Tomato <input type="checkbox"/>	2) Stir Fried Garlic Shrimp w/ Corn <input type="checkbox"/>	2) Woodsmans' Sausage Penne w/ Garlic Toast ( <b>no side</b> ) <input type="checkbox"/>
3) Mediterranean Quiche w/ Mushrooms <input type="checkbox"/>	3) Roasted Cabbage Steak w/ Lemon Asparagus <input type="checkbox"/>	3) Stuffed Aztec Squash w/ Bean & Corn <input type="checkbox"/>
<b>SIDE - CHOOSE 1</b>	<b>SIDE - CHOOSE 1</b>	<b>SIDE - CHOOSE 1</b>
1) Scalloped Potatoes <input type="checkbox"/>	1) Fried Rice <input type="checkbox"/>	1) Zucchini & Tomato Stirfry <input type="checkbox"/>
2) Baked Beans <input type="checkbox"/>	2) Roasted Garlic Mashed Potatoes <input type="checkbox"/>	2) Butter Garlic Mushrooms & Peas Medley <input type="checkbox"/>
<b>SOUP OR SALAD- CHOOSE 1</b>	<b>SOUP OR SALAD- CHOOSE 1</b>	<b>SOUP OR SALAD- CHOOSE 1</b>
1) Cream of Tomato Basil Soup <input type="checkbox"/>	1) French Onion Soup <input type="checkbox"/>	1) Cheesy Broccoli & Cauliflower Soup <input type="checkbox"/>
2) Caesar Salad <input type="checkbox"/>	2) Macaroni Salad <input type="checkbox"/>	2) Greek Salad w/ Feta & Olives <input type="checkbox"/>
<b>DESSERT - CHOOSE 1</b>	<b>DESSERT - CHOOSE 1</b>	<b>DESSERT - CHOOSE 1</b>
1) Tiramisu <input type="checkbox"/>	1) Pineapple Upside Down Cake <input type="checkbox"/>	1) Old Fashioned Rice Pudding & Raisins <input type="checkbox"/>
2) Tropical Fruit Salad w/ Coconut <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>	2) Berries <input type="checkbox"/>

MONDAY	May 19, 2025	WEDNESDAY	May 21, 2025	FRIDAY	May 23, 2025
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Rouladen w/ Sauerkraut in Beef Gravy	<input type="checkbox"/>	1) Pork Chops w/ Gravy and Braised Red Cabbage	<input type="checkbox"/>	1) Linguini Chicken Alfredo & Tom w/ Garlic Toast (no side)	<input type="checkbox"/>
2) Battered Cod w/ Mushy Peas & Tartar Sauce	<input type="checkbox"/>	2) Meatballs & Gravy w/ Garlic Musrooms & Peas	<input type="checkbox"/>	2) BBQ Pulled Pork w/ Bun	<input type="checkbox"/>
3) Veggie Burger w/ Mushrooms & Cheddar & Mayo	<input type="checkbox"/>	3) Veggie & Tofu Pad Thai w/ Peanuts & Snap Pea (No Side)	<input type="checkbox"/>	3) Fritata Roasted Yam / Red Pepper & Feta w/ Corn	<input type="checkbox"/>
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Mashed Potatoes	<input type="checkbox"/>	1) Spaetzle (Dilled German Dumpling)	<input type="checkbox"/>	1) Baked Beans	<input type="checkbox"/>
2) French Fries	<input type="checkbox"/>	2) Basmati Rice	<input type="checkbox"/>	2) Mac & Cheese	<input type="checkbox"/>
<b>SOUP OR SALAD- CHOOSE 1</b>		<b>SOUP OR SALAD- CHOOSE 1</b>		<b>SOUP OR SALAD- CHOOSE 1</b>	
1) Doukhobor Borscht Vegetarian Cream Soup	<input type="checkbox"/>	1) Chicken & Barley Soup	<input type="checkbox"/>	1) Spring Minestrone Soup	<input type="checkbox"/>
2) Macaroni Salad	<input type="checkbox"/>	2) Spinach Salad w/ Poppyseed Dressing	<input type="checkbox"/>	2) Apple Slaw	<input type="checkbox"/>
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Strawberry Rhubarb Tart	<input type="checkbox"/>	1) Jellow Squares & Whipped Cream	<input type="checkbox"/>	1) Doughnut	<input type="checkbox"/>
2) Fruit Kebob	<input type="checkbox"/>	2) Berries	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

MONDAY	May 26, 2025	WEDNESDAY	May 28, 2025	FRIDAY	May 30, 2025
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Baked Chicken w/ Green Beans	<input type="checkbox"/>	1) Roast Beef w/ Gravy, Yorkie, Horseradish & Peas	<input type="checkbox"/>	1) Turkey w/ Cranberry Stuffing, Carrots & Gravy	<input type="checkbox"/>
2) Sweet & Sour Meatballs w/ Pineapple & Peppers	<input type="checkbox"/>	2) Tex Mex Chicken, Yam & Corn Bake	<input type="checkbox"/>	2) Lemon & Dill Baked Salmon w/ Asparagus	<input type="checkbox"/>
3) Tofu Teriyaki w/ Veggies	<input type="checkbox"/>	3) Stuffed Zucchini w/ Baked Beans	<input type="checkbox"/>	3) Mediterranean Stew w/ Tom & Eggplant, Olives & Bun	<input type="checkbox"/>
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Chow Mein	<input type="checkbox"/>	1) New Potatoes	<input type="checkbox"/>	1) Mashed Potatoes	<input type="checkbox"/>
2) Fried Rice w/ Egg	<input type="checkbox"/>	2) Cheesy Cheddar Polenta	<input type="checkbox"/>	2) Mediteranean Quinoa, Barley and Chickpea	<input type="checkbox"/>
<b>SOUP OR SALAD- CHOOSE 1</b>		<b>SOUP OR SALAD- CHOOSE 1</b>		<b>SOUP OR SALAD- CHOOSE 1</b>	
1) Mushroom, Bean & Barley Soup	<input type="checkbox"/>	1) Smokey Black Bean and Bacon Soup	<input type="checkbox"/>	1) Creamy Roasted Red Pepper & Tomato Soup	<input type="checkbox"/>
2) Green Salad w/ Thousand Island Dressing	<input type="checkbox"/>	2) Greek Pasta Salad w/ Feta	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Jello Squares & Whipped Cream	<input type="checkbox"/>	1) Butter Tart	<input type="checkbox"/>	1) Oatmeal Cookie	<input type="checkbox"/>
2) Berries	<input type="checkbox"/>	2) Chocolate Strawberries	<input type="checkbox"/>	2) Tropical Fruit Salad w/ Coconut	<input type="checkbox"/>

**COMMENTS from Melissa**

Please make your selections based on which days you recieve meals. For example if you recieve meals just on Wednesdays, please select from the Wednesday column.

If you order more than 1 meal per day, please indicate a second meal. Call the office if you require assistace or have questions.

**COMMENTS and or SUGGESTIONS: What would you like to see on the menu?**