

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

**MEALS ON WHEELS \$12 MENU 250-763-2424 info@mow-online.com****JUNE 2025**

MONDAY	June 2, 2025	WEDNESDAY	June 4, 2025	FRIDAY	June 6, 2025
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Roast Beef, Gravy, Peas		1) Roast Pork, Gravy w/ Braised Cabbage		1) BBQ Baked Chicken w/ Corn on the Cob	
2) Bacon, Tomato, Spinach Quiche w/ Asparagus		2) Sweet & Sour Chicken w/ Green Beans		2) Italian Meatballs w/ Herby Mushrooms	
3) Mediterranean Acorn Squash w/ Corn		3) Veggie Chili & Biscuit		3) Cheese Stuffed Portabella w/ Tom/Spinach/Lentil	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Roasted Potato & Carrot		1) Mashed Potatoes		1) Penne Noodles	
2) Veggie Rice Pilaf		2) Herbed Basmati Rice		2) Green Bean Casserole	
<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>	
1) Hobo Soup (Cabbage & Hamburger)		1) Chicken Vegetable Soup		1) Cheesy Broccoli & Cauliflower Soup	
2) Greek Salad		2) Sweet Cucumber Sesame Salad		2) Potato Salad	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Cinnamon Bun		1) Carrot Cake Muffin w/ Cream Cheese Frosting		1) Chocolate Pudding & Whipped Cream	
2) Berries		2) Banana		2) Tropical Fruit Salad w/ Coconut	
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Meatloaf, Gravy w/ Green Beans		1) Chicken Broccoli Fettucini w/ Garlic Toast (no side)		1) Turkey, Stuffing, Cranberry, Rutabaga	
2) Chicken à la King Stew w/ Asparagus		2) Swedish Meatballs w/ Peas & Carrots		2) Sweet & Sour Pork w/ Pineapple & Tomato	
3) Mushroom & Asparagus Fettuccine w/ Garlic Toast (no side)		3) Baked Parmesan Zucchini & Garlic Toast		3) Mediterranean Frittata w/ Feta Cheese & Corn	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Mashed Potatoes		1) Rice Pilaf		1) Roasted Garlic Mashed Potatoes	
2) Egg Noodles		2) Herby Spaghetti		2) Basmati Rice	
<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>	
1) Roasted Red Pepper & Tomato Soup		1) Lemon Chicken Orzo Soup		1) Doukhorbor Borscht (Creamy) Soup	
2) Marinated Veggies w/ Italian Dressing		2) Caesar Salad		2) Spinach Salad	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Jello Squares & Whipped Cream		1) Nanaimo Bar		1) Pineapple Upside Down Cake	
2) Banana		2) Fruit Kebob		2) Seasonal Fruit	
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Sweet & Sour Pork w/ Pineapple, Tom & Green Beans		1) Cabbage Roll Casserole w/ Sour Cream		1) Pancakes, Scrambled Eggs & Bacon w/ Syrup	
2) Teriyaki Chicken & Corn on the Cob		2) Greek Salmon w/ Asparagus		2) Porcupine Beef Meatballs w/ Broccoli	
3) Sweet & Sour Tofu w/ Pineapple, Tom & Green Beans		3) Fettuccine Alfredo w/ Garlic Toast (no side)		3) Mushroom Cheddar Omelette w/ Baked Beans	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Veggie Rice Pilaf		1) Mashed Potatoes		1) Basmati Rice	
2) Chow Mein Noodles		2) Dilly Spaetzle		2) Hashbrowns	
<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>	
1) Corn & Bacon Chowder Soup		1) Roasted Red Pepper & Tomato Soup		1) Creamy Tomato Macaroni Soup	
2) Sweet Cucumber Sesame Salad		2) Caesar Salad		2) Greens & Dill Ranch	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Baked Apple		1) Chocolate Pudding & Whipped Cream		1) Jello Squares & Whipped Cream	
2) Fruit Salad		2) Seasonal Fruit		2) Berries	
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Sweet & Sour Pork w/ Pineapple, Tom & Green Beans		1) Cabbage Roll Casserole w/ Sour Cream		1) Pancakes, Scrambled Eggs & Bacon w/ Syrup	
2) Teriyaki Chicken & Corn on the Cob		2) Greek Salmon w/ Asparagus		2) Porcupine Beef Meatballs w/ Broccoli	
3) Sweet & Sour Tofu w/ Pineapple, Tom & Green Beans		3) Fettuccine Alfredo w/ Garlic Toast (no side)		3) Mushroom Cheddar Omelette w/ Baked Beans	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Veggie Rice Pilaf		1) Mashed Potatoes		1) Basmati Rice	
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2) Fruit Salad		2) Seasonal Fruit		2) Berries	
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1) Sweet & Sour Pork w/ Pineapple, Tom & Green Beans		1) Cabbage Roll Casserole w/ Sour Cream		1) Pancakes, Scrambled Eggs & Bacon w/ Syrup	
2) Teriyaki Chicken & Corn on the Cob		2) Greek Salmon w/ Asparagus		2) Porcupine Beef Meatballs w/ Broccoli	
3) Sweet & Sour Tofu w/ Pineapple, Tom & Green Beans		3) Fettuccine Alfredo w/ Garlic Toast (no side)		3) Mushroom Cheddar Omelette w/ Baked Beans	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Veggie Rice Pilaf		1) Mashed Potatoes		1) Basmati Rice	
2) Chow Mein Noodles		2) Dilly Spaetzle		2) Hashbrowns	
<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>		<b>SOUP OR SALAD - CHOOSE 1</b>	
1) Corn & Bacon Chowder Soup		1) Roasted Red Pepper & Tomato Soup		1) Creamy Tomato Macaroni Soup	
2) Sweet Cucumber Sesame Salad		2) Caesar Salad		2) Greens & Dill Ranch	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Baked Apple		1) Chocolate Pudding & Whipped Cream		1) Jello Squares & Whipped Cream	
2) Fruit Salad		2) Seasonal Fruit		2) Berries	
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Sweet & Sour Pork w/ Pineapple, Tom & Green Beans		1) Cabbage Roll Casserole w/ Sour Cream		1) Pancakes, Scrambled Eggs & Bacon w/ Syrup	
2) Teriyaki Chicken & Corn on the Cob		2) Greek Salmon w/ Asparagus		2) Porcupine Beef Meatballs w/ Broccoli	
3) Sweet & Sour Tofu w/ Pineapple, Tom & Green Beans		3) Fettuccine Alfredo w/ Garlic Toast (no side)		3) Mushroom Cheddar Omelette w/ Baked Beans	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
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2) Sweet Cucumber Sesame Salad		2) Caesar Salad		2) Greens & Dill Ranch	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Baked Apple		1) Chocolate Pudding & Whipped Cream		1) Jello Squares & Whipped Cream	
2) Fruit Salad		2) Seasonal Fruit		2) Berries	

MONDAY	June 23, 2025	WEDNESDAY	June 25, 2025	FRIDAY	June 27, 2025
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Liver & Onions w/ Gravy & Peas	<input type="checkbox"/>	1) Pork Chops in Mushroom Soup w/ Peas	<input type="checkbox"/>	1) Beef Rouladen Stew w/ Dill Pickles	<input type="checkbox"/>
2) Baked Teriyaki Chicken w/ Corn	<input type="checkbox"/>	2) Chicken Pot Pie Stew w/ Bun	<input type="checkbox"/>	2) Italian Roast Pork w/ TomatoGravy & Green Beans	<input type="checkbox"/>
3) Ratatoullie Tomato Eggplant Stew w/ Bun	<input type="checkbox"/>	3) Veggie Broccoli & Cheddar Quiche w/ Baked Beans	<input type="checkbox"/>	3) Veggie & Tofu Pad Thai w/ Snap Peas (no side)	<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) Roasted Potatoes & Carrots	<input type="checkbox"/>	1) Baked Potato w/ Chives & Sour Cream	<input type="checkbox"/>
2) Rice Pilaf	<input type="checkbox"/>	2) Green Bean Casserole	<input type="checkbox"/>	2) Buttery Egg Noodles	<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) Beet Borscht Soup	<input type="checkbox"/>	1) Corn & Bacon Chowder Soup	<input type="checkbox"/>	1) Minestrone Soup	<input type="checkbox"/>
2) Caesar Salad	<input type="checkbox"/>	2) Greek Pasta Salad	<input type="checkbox"/>	2) Sweet Cumumber Sesame Salad	<input type="checkbox"/>
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Butterscotch Pudding & Whipped Cream	<input type="checkbox"/>	1) Spice Cake	<input type="checkbox"/>	1) Cinnamon Bun	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Fruit Salad	<input type="checkbox"/>	2) Banana	<input type="checkbox"/>

**COMMENTS from Melissa**

4 week Menu June 2 - June 27 , 2025

Please return MENU as soon as possible - at the latest by May 23. Menus can be returned with your delivery driver or by emailing a picture.

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. But please know, you can order for ANY day!

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

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