

NAME: _____

MEALS ON WHEELS \$12 MENU 250-763-2424 info@mow-online.com**Aug-25**

MONDAY	July 28, 2025	WEDNESDAY	July 30, 2025	FRIDAY	August 1, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Teriyaki Chicken Stirfry <input type="checkbox"/>		1) Salisbury Steak w/ Gravy & Peas <input type="checkbox"/>		1) Roast Beef w/ Gravy, Yorki & Corn <input type="checkbox"/>	
2) Bacon, Cheddar, Mushroom Quiche w/ Baked Beans <input type="checkbox"/>		2) Roasted Honey Ham w/ Braised Green Cabbage <input type="checkbox"/>		2) Broccoli Fettucini Alfredo + Garlic Toast (no side) <input type="checkbox"/>	
3) Teriyaki Tofu Veggie Stirfry <input type="checkbox"/>					
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Chow mein Noodles <input type="checkbox"/>		1) Mashed Potatoes <input type="checkbox"/>		1) Roasted New Potatoes <input type="checkbox"/>	
2) Rice <input type="checkbox"/>		2) Mushroom Medley <input type="checkbox"/>		2) Baked Yam <input type="checkbox"/>	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Cream of Mushroom Soup <input type="checkbox"/>		1) Chicken Noodle Soup <input type="checkbox"/>		1) Tomato Roasted Red Pepper Soup <input type="checkbox"/>	
2) Caesar Salad <input type="checkbox"/>		2) Spinach Salad <input type="checkbox"/>		2) Greens w/ Dill Ranch <input type="checkbox"/>	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Lemon Blueberry Cake <input type="checkbox"/>		1) Jello Squares & Whipped Cream <input type="checkbox"/>		1) Chocolate Chip Cookie <input type="checkbox"/>	
2) Seasonal Fruit <input type="checkbox"/>		2) Fruit Salad <input type="checkbox"/>		2) Tropical Fruit Salad w/ Coconut <input type="checkbox"/>	
MONDAY	August 4, 2025	WEDNESDAY	August 6, 2025	FRIDAY	August 8, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Meatloaf w/ Gravy & Carrots <input type="checkbox"/>		1) Roast Chicken w/ Mixed Vegetables <input type="checkbox"/>		1) Roast Turkey w/ Stuffing, Cranberries & Rutabaga <input type="checkbox"/>	
2) Fried Fish w/ Tartar Sauce & Mushy Peas <input type="checkbox"/>		2) Sweet & Sour Pork w/ Pineapple & Snap Peas <input type="checkbox"/>		2) Stroganoff Meatballs w/ Mushrooms & Carrots <input type="checkbox"/>	
3) Lentil Stuffed Pepper w/ Zuchini & Tomatoes <input type="checkbox"/>					
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Mashed Potatoes <input type="checkbox"/>		1) Roasted New Potatoes & Carrots <input type="checkbox"/>		1) Mashed Potato <input type="checkbox"/>	
2) Fries <input type="checkbox"/>		2) Fried Rice w/ Egg <input type="checkbox"/>		2) Egg Noodles <input type="checkbox"/>	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) New England Clam Chowder (white) <input type="checkbox"/>		1) Minestone <input type="checkbox"/>		1) Doukhobor Borscht <input type="checkbox"/>	
2) Potato Salad <input type="checkbox"/>		2) Sweet Sesame & Cucumber Salad <input type="checkbox"/>		2) Marinated Veggie Salad <input type="checkbox"/>	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Coconut Oatmeal Cookie <input type="checkbox"/>		1) Pineapple Upside Down Cake <input type="checkbox"/>		1) Chocolate Cake <input type="checkbox"/>	
2) Berries <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>		2) Watermelon <input type="checkbox"/>	
MONDAY	August 11, 2025	WEDNESDAY	August 13, 2025	FRIDAY	August 15, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Pork Chops w/ Gravy & Green Beans <input type="checkbox"/>		1) Roast Beef w/ Gravy & Carrots <input type="checkbox"/>		1) BBQ Pulled Pork on a Bun w/ Baked Beans <input type="checkbox"/>	
2) Spaghetti w/ Meat Sauce & Garlic Toast (no side) <input type="checkbox"/>		2) Mild Butter Chicken w/ Naan Bread <input type="checkbox"/>		2) Baked Herby Chicken w/ Gravy & Green Beans <input type="checkbox"/>	
3) Parmesean Zucchini w/ Corn <input type="checkbox"/>					
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Rice Pilaf <input type="checkbox"/>		1) Roasted New Potatoes <input type="checkbox"/>		1) Mac 'n Cheese <input type="checkbox"/>	
2) Roasted Garlic Mashed Potatoes <input type="checkbox"/>		2) Basmati Rice <input type="checkbox"/>		2) Barley Medley <input type="checkbox"/>	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Borscht <input type="checkbox"/>		1) Corn & Bacon Chowder <input type="checkbox"/>		1) Hobo Soup (Cabbage & Hamburger) <input type="checkbox"/>	
2) Caesar Salad <input type="checkbox"/>		2) Green Salad w/ Thousand Island <input type="checkbox"/>		2) Appleslaw <input type="checkbox"/>	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Brownie <input type="checkbox"/>		1) Butter Tart <input type="checkbox"/>		1) Chocolate Strawberries <input type="checkbox"/>	
2) Fruit Salad <input type="checkbox"/>		2) Watermelon <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>	

MONDAY	August 18, 2025	WEDNESDAY	August 20, 2025	FRIDAY	August 22, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Chicken Pot Pie & Green Beans	<input type="checkbox"/>	1) Roast Pork w/ Gravy & Braised Cabbage	<input type="checkbox"/>	1) Shepherd's Pie w/ Gravy	<input type="checkbox"/>
2) Sweet & Sour Meatballs w/ Pineapple & Tomatoes	<input type="checkbox"/>	2) Chicken Quesadilla & Veggie Sticks	<input type="checkbox"/>	2) Mediterranean Quiche w/ Feta & Corn on the Cob	<input type="checkbox"/>
3) BBQ Cabbage Steak w/ Corn on the Cob	<input type="checkbox"/>				
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Rice Pilaf	<input type="checkbox"/>	1) Mashed Potatoes	<input type="checkbox"/>	1) Mushroom Medley	<input type="checkbox"/>
2) Roasted Potatoes	<input type="checkbox"/>	2) Fries	<input type="checkbox"/>	2) Baked Beans	<input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Rustic Beef Barley	<input type="checkbox"/>	1) Cheesy Cauliflower & Broccoli	<input type="checkbox"/>	1) Creamy Tomato Basil	<input type="checkbox"/>
2) Macaroni Salad	<input type="checkbox"/>	2) Black Bean and Corn Salad w/ Cilantro	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Chocolate Pudding	<input type="checkbox"/>	1) Chocolate Chip Cookie	<input type="checkbox"/>	1) Carrot Cake	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Fruit Salad	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

MONDAY	August 25, 2025	WEDNESDAY	August 27, 2025	FRIDAY	August 29, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Liver & Onions w/ Bacon, Gravy & Peas	<input type="checkbox"/>	1) Bacon & Cheddar Fritata w/ Corn	<input type="checkbox"/>	1) Roast Pork w/ Gravy & Braised Cabbage	<input type="checkbox"/>
2) Roast Chicken w/ Green Beans	<input type="checkbox"/>	2) Porcupine Beef Meatballs & Green Beans	<input type="checkbox"/>	2) Fried Fish w/ Tartar Sauce & Mushy Peas	<input type="checkbox"/>
3) Ratatouille Stew w/ Corn	<input type="checkbox"/>				
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Mashed Potato	<input type="checkbox"/>	1) Roasted Potatoes	<input type="checkbox"/>	1) Mashed Potato	<input type="checkbox"/>
2) Bowtie Pasta	<input type="checkbox"/>	2) Basmati Rice	<input type="checkbox"/>	2) French Fries	<input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Turkey Vegetable	<input type="checkbox"/>	1) Beef Vegetable Soup	<input type="checkbox"/>	1) Tomato Macaroni Basil Soup	<input type="checkbox"/>
2) Spinach & Strawberry Salad	<input type="checkbox"/>	2) Coleslaw	<input type="checkbox"/>	2) Greek Salad	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Strawberry Short Cake	<input type="checkbox"/>	1) Butterscotch Pudding w/ Whipped Cream	<input type="checkbox"/>	1) Jello Squares & Whipped Cream	<input type="checkbox"/>
2) Watermelon	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Fruit Salad	<input type="checkbox"/>

COMMENTS from Melissa & Candice

-5 week Menu July 28 - August 29, 2025

-Please return MENU as soon as possible - at the latest by July 18th. Menus can be returned with your delivery driver or by emailing a picture to info@mow-online.com

-You will notice our entree selections are reduced on Wednesday & Fridays. This is a small change we are making as we continue to evolve our program.

-Please make your selections based on which days you receive meals. For example if you receive 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.

-EFT Email Address is pay@mow-online.com