

NAME: _____

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

MONDAY	September 1, 2025	WEDNESDAY	September 3, 2025	FRIDAY	September 5, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Lasagna w/ Garlic Toast (no side)		1) Beef & Mushroom Stroganoff w/ Egg Noodles & Sour Cream		1) Fried Fish w/ Tartar Sauce & Mushy Peas	
2) Pork Chop w/ Gravy & Carrots		(No Side)		2) Italian Pork Roast w/ Tomato Gravy & Corn	
3) Baked Parm Stuffed Zucchini w/ Corn & Garlic Toast		2) Broccoli Cheddar Quiche w/ Mushrooms & Onions			
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Mashed Potatoes		1) Hashbrowns		1) Roasted Garlic Mashed Potatoes	
2) Basmati Rice		2) Rice Pilaf		2) Fries	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Doukhorbor Borscht		1) Lemon Chicken Orzo		1) Hobo Soup (Cabbage & Hamburger)	
2) Caesar Salad		2) Greens & Thousand Island Dressing		2) Spinach Salad & Ranch	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Chocolate Pudding & Whipped Cream		1) Strawberry Lemon Shortcake		1) Rice Krispie Square	
2) Seasonal Fruit		2) Melon		2) Fruit Salad	
MONDAY		WEDNESDAY		FRIDAY	
September 8, 2025		September 10, 2025		September 12, 2025	
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Roast Beef w/ Gravy & Beets		1) Porcupine Meatballs & Carrots		1) Herby Roast Chicken w/ Green Beans	
2) French Toast, Scrambled Eggs, Bacon		2) Garlic Shrimp Stirfry w/ Snap Peas		2) Woodsmen Penne incl: Pork & Mush w/ Garlic Toast	
3) French Toast, Scrambled Eggs, Strawberries				(No Side)	
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Mashed Potatoes		1) Mashed Potatoes Au Gratin (w/ Cheddar)		1) Boiled New Potatoes w/ Gravy	
2) Hashbrowns		2) Chow Mein Noodles		2) Barley Pilaf	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Creamy Tomato Basil Soup		1) Beef Barley Soup		1) Creamy Potato, Mushroom & Carmelized Onion	
2) Coleslaw w/ Sunflower Seeds		2) Spinach & Berry Salad w/ Poppyseed Dressing		2) Caesar Salad	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Banana Bread		1) Brownie		1) Jello Squares & Whipped Cream	
2) Berries		2) Fruit Salad		2) Seasonal Fruit	
MONDAY		WEDNESDAY		FRIDAY	
September 15, 2025		September 17, 2025		September 19, 2025	
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Sweet & Sour Pineapple Chicken & Peppers		1) Roast Herby Chicken w/ Peas & Carrots		1) BBQ Pulled Pork w/ Bun & Baked Beans	
2) Cheese Burger (Lettuce, Onion, Tomato, Bun)		2) Salisbury Steak w/ Gravy, Side Peppers & Onions		2) Roast Beef w/ Gravy & Rutabagas	
3) Veggie Burger w/ Mushroom & Cheddar (Lettuce, Onion, Tomato, Bun)					
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Rice		1) Roasted Potatoes		1) Mashed Potatoes	
2) Fries		2) Spaghetti & Marinara		2) Yam Fries	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Corn Chowder		1) Creamy Mushroom Soup		1) Cheesy Broccoli & Cauliflower Soup	
2) Green Salad & Italian Dressing		2) Greek Salad w/ Feta & Olives		2) Apple & Cabbage Coleslaw	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Lemon & Blueberry Cake		1) Butterscotch Pudding & Whipped Cream		1) Chocolate Chip Cookie	
2) Tropical Fruit Salad w/ coconut		2) Seasonal Fruit		2) Grapes	

MONDAY	September 22, 2025	WEDNESDAY	September 24, 2025	FRIDAY	September 26, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Hungarian Beef Goulash w/ Egg Noodles & Sour Cream (no side)	<input type="checkbox"/>	1) Roast Pork w/ Gravy & Green Beans	<input type="checkbox"/>	1) Turkey, Gravy, Stuffing, Cranberry & Carrots	<input type="checkbox"/>
2) Lemon Salmon & Cauliflower	<input type="checkbox"/>	2) Chilli Con Carne & Tex Mex Corn	<input type="checkbox"/>	2) Meatloaf w/ Mushroom Gravy & Mixed Veg	<input type="checkbox"/>
3) Mushroom Cheddar Quiche w/ Carrots	<input type="checkbox"/>				
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Dilled Butter Peas & Bowties	<input type="checkbox"/>	1) Egg Noodles	<input type="checkbox"/>	1) Mashed Potatoes	<input type="checkbox"/>
2) Roasted Roots	<input type="checkbox"/>	2) Fried Rice	<input type="checkbox"/>	2) Barley Pilaf	<input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Turkey Vegetable Soup	<input type="checkbox"/>	1) Minestrone Soup	<input type="checkbox"/>	1) Beet Borscht Soup	<input type="checkbox"/>
2) Spinach Salad	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>	2) Green Salad w/ Sesame Dressing	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Jello Squares	<input type="checkbox"/>	1) Oatmeal Raisin Cookie	<input type="checkbox"/>	1) Spice Cake	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Berries	<input type="checkbox"/>	2) Fruit Salad	<input type="checkbox"/>

COMMENTS from Melissa & Candice

-4 week Menu SEPTEMBER 1 TO SEPTEMBER 26, 2025

-Please return MENU as soon as possible - at the latest by AUGUST 15th. Menus can be returned with your delivery driver or by emailing a picture to info@mow-online.com

-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