

NAME: _____

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

MONDAY	November 3, 2025	WEDNESDAY	November 5, 2025	FRIDAY	November 7, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Beef Stew & Corn ☐		1) Roasted Pork, Gravy & Green Beans ☐		1) Roast Beef, Gravy & Rutabagas ☐	
2) Lemon Roasted Chicken & Peas ☐		2) Spaghetti & Meat Sauce w/ Parmesan (no side) ☐		2) Crustless Broccoli & Cheddar Quiche w/ Carrots ☐	
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Rice Pilaf ☐		1) Boiled New Potatoes ☐		1) Barley Pilaf ☐	
2) Egg Noodles ☐		2) Mashed Yams ☐		2) Potato Wedges ☐	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Cream of Mushroom Soup ☐		1) Cheesy Broccoli & Cauliflower Soup ☐		1) Manhattan Clam Chowder (red) ☐	
2) Greens & Thousand Island Dressing ☐		2) Caesar Salad ☐		2) Greek Pasta Salad ☐	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Brownie ☐		1) Baked Apple Crisp ☐		1) Chocolate Chip Cookie ☐	
2) Seasonal Fruit ☐		2) Seasonal Fruit ☐		2) Seasonal Fruit ☐	
MONDAY	November 10, 2025	WEDNESDAY	November 12, 2025	FRIDAY	November 14, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Sweet & Sour Pineapple Chicken /w Broccoli ☐		1) Turkey Dinner w/ Gravy, Stuffing, Carrots & Cranberry ☐		1) Meatloaf, Mushroom Gravy & Mixed Vegetables ☐	
2) Pork Chops, Gravy and Mixed Vegetables ☐		2) Ratatouille Tomato & Eggplant Stew ☐		2) 'Shake & Bake' Chicken Drumsticks & Creamed Corn ☐	
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Roasted Potatoes ☐		1) Mashed Potatoes ☐		1) Mashed Potatoes ☐	
2) Fried Rice ☐		2) Butter & Chive Noodles ☐		2) Mushroom Medley ☐	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Chicken Noodle Soup ☐		1) Roasted Red Pepper Soup ☐		1) Doukhobor Borscht ☐	
2) Coleslaw ☐		2) Macaroni Salad ☐		2) Greens & French Dressing ☐	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Strawberry Shortcake ☐		1) Oatmeal Raisin Cookie ☐		1) Lemon Blueberry Cake ☐	
2) Seasonal Fruit ☐		2) Seasonal Fruit ☐		2) Seasonal Fruit ☐	
MONDAY	November 17, 2025	WEDNESDAY	November 19, 2025	FRIDAY	November 21, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Beef Stroganoff w/ Mushrooms & Sour Cream ☐		1) Roast Beef, Gravy & Roasted Beets ☐		1) Dill & Lemon Salmon w/ Green Beans ☐	
2) Baked Chicken & Gravy w/ Rutabaga & Carrot ☐		2) Bubble & Squeak (Sausage & Fried Cabbage) ☐		2) Chicken Alfredo Fettuccini (no side) ☐	
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Mashed Potatoes ☐		1) Mashed Potatoes ☐		1) Roasted Potatoes & Carrots ☐	
2) Egg Noodles ☐		2) Barley Pilaf ☐		2) Basmati Rice ☐	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Vegetable Soup ☐		1) Creamy Corn Chowder & Bacon ☐		1) Rustic Beef Barley Soup ☐	
2) Sweet Cucumber Salad (Poppyseed Dressing) ☐		2) Quinoa Salad ☐		2) Caesar Salad ☐	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Chocolate Pudding ☐		1) Jello Squares ☐		1) Banana Bread ☐	
2) Seasonal fruit ☐		2) Seasonal Fruit ☐		2) Seasonal Fruit ☐	

MONDAY	November 24, 2025	WEDNESDAY	November 26, 2025	FRIDAY	November 28, 2025
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Fish Sticks & Tartar Sauce w/ Peas	☐	1) Italian Tomato Chicken Bake & Zucchini	☐	1) Salisbury Steak, Gravy & Mushrooms	☐
2) Bacon, Mushroom, Cheddar Quiche & Corn	☐	2) Shepherd's Pie, Gravy & Peas (no side)	☐	2) Roasted Pork, Gravy & Mixed Vegetables	☐
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Egg Noodles	☐	1) Herbed Spaghetti	☐	1) Roasted Garlic Mashed Potato	☐
2) Fries	☐	2) Fried Rice	☐	2) Apple & Rutabaga Stew	☐
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Creamy Turkey Gnocchi Soup	☐	1) Hobo Soup (Cabbage & Hamburger)	☐	1) Yam & Red Lentil Soup	☐
2) Greens & Dill Ranch	☐	2) Coleslaw	☐	2) German Potato Salad w/ Dill Pickles	☐
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Butter Tart	☐	1) Raspberry White Chocolate Cookie	☐	1) Butterscotch Pudding	☐
2) Seasonal Fruit	☐	2) Seasonal Fruit	☐	2) Seasonal fruit	☐

COMMENTS from the OFFICE

- 4 week Menu November 3 to November 28, 2025

- Please return MENU as soon as possible - at the latest by OCTOBER 17th. 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