

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

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

MONDAY	December 1, 2025	WEDNESDAY	December 3, 2025	FRIDAY	December 5, 2025
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Chicken Fettuccini Alfredo (no side) <input type="checkbox"/>		1) Meatloaf w/ Mushroom Gravy & Dilled Carrots <input type="checkbox"/>		1) Roast Beef w/ Gravy & Beets <input type="checkbox"/>	
2) Pancakes w/ Scrambled Eggs & Sausage <input type="checkbox"/>		2) Sweet & Sour Pork w/ Pineapple & Green Beans <input type="checkbox"/>		2) Fried Fish Sticks & Mushy Peas <input type="checkbox"/>	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Hashbrowns <input type="checkbox"/>		1) Mashed Potatoes <input type="checkbox"/>		1) Roasted Garlic Mashed Potatoes <input type="checkbox"/>	
2) Berry Compote <input type="checkbox"/>		2) Fried Rice <input type="checkbox"/>		2) Fries <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) Minestrone Soup (Dairy Free) <input type="checkbox"/>		1) Chicken Noodle Soup (Dairy Free) <input type="checkbox"/>		1) Corn & Bacon Chowder <input type="checkbox"/>	
2) Caesar Salad <input type="checkbox"/>		2) Macaroni Salad (Dairy Free) <input type="checkbox"/>		2) Green Salad w/ Italian Dressing (Dairy Free) <input type="checkbox"/>	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Banana Bread <input type="checkbox"/>		1) Chocolate Pudding <input type="checkbox"/>		1) Soft Ginger Cookie <input type="checkbox"/>	
2) Seasonal Fruit <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>		2) Season Fruit <input type="checkbox"/>	
<b>MONDAY</b> <b>December 8, 2025</b>		<b>WEDNESDAY</b> <b>December 10, 2025</b>		<b>FRIDAY</b> <b>December 12, 2025</b>	
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Stuffed Pepper w/ Carrots <input type="checkbox"/>		1) Holiday Turkey Dinner (no side) <input type="checkbox"/>		1) Teriyaki Chicken & Mushroom Medley <input type="checkbox"/>	
2) Chicken Pot Pie Stew (no side) <input type="checkbox"/>		2) French Toast, a Boiled Egg and Bacon <input type="checkbox"/>		2) Porcupine (Beef) Meatballs & Mixed Vegetables <input type="checkbox"/>	
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>	
1) Boiled New Potatoes <input type="checkbox"/>		1) Apple Cinnamon Compote <input type="checkbox"/>		1) Boiled New Potatoes <input type="checkbox"/>	
2) Rice Pilaf <input type="checkbox"/>		2) Hashbrowns <input type="checkbox"/>		2) Basmati Rice <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 (Dairy Free) <input type="checkbox"/>		1) Tomato Red Pepper Soup (Dairy Free) <input type="checkbox"/>		1) Roasted Root Soup (Dairy Free) <input type="checkbox"/>	
2) Greek Salad w/ Feta <input type="checkbox"/>		2) Green Salad w/ Creamy Cucumber Dressing <input type="checkbox"/>		2) Potato Salad (Dairy Free) <input type="checkbox"/>	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Chocolate Chip Oatmeal Cookie <input type="checkbox"/>		1) Carrot Cake <input type="checkbox"/>		1) Nanaimo Bar <input type="checkbox"/>	
2) Seasonal Fruit <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>	
<b>MONDAY</b> <b>December 15, 2025</b>		<b>WEDNESDAY</b> <b>December 17, 2025</b>		<b>FRIDAY</b> <b>December 19, 2025</b>	
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>	
1) Salmon & Peas <input type="checkbox"/>		1) Greek Roasted Chicken <input type="checkbox"/>		1) Pork Chops & Gravy w/ Mixed Vegetables <input type="checkbox"/>	
2) Pork Schnitzel, Hunter Sauce & Carrots <input type="checkbox"/>		2) Spaghetti & Meat Sauce (no side) <input type="checkbox"/>		2) Broccoli Cheddar Frittata w/ Baked Beans <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) Spanakopita <input type="checkbox"/>		1) Mashed Potatoes <input type="checkbox"/>	
2) Gnocchi (Potato Dumplings) w/ Butter & Chives <input type="checkbox"/>		2) Greek Lemon Roasted Potatoes <input type="checkbox"/>		2) Hashbrown 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) Cheesy Broccoli & Cheddar Soup <input type="checkbox"/>		1) Minestrone Soup (Dairy Free) <input type="checkbox"/>		1) Turkey Vegetable Soup (Dairy Free) <input type="checkbox"/>	
2) Cucumber Sesame Salad (Dairy Free) <input type="checkbox"/>		2) Caesar Salad <input type="checkbox"/>		2) Marinated Seedy Salad (Dairy Free) <input type="checkbox"/>	
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>	
1) Strawberry Short Cake <input type="checkbox"/>		1) Coconut Cookie <input type="checkbox"/>		1) Brownie <input type="checkbox"/>	
2) Seasonal Fruit <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>	

MONDAY	December 22, 2025	WEDNESDAY	December 24, 2025	FRIDAY	December 26, 2025
<b>ENTRÉE - CHOOSE 1</b>		<b>ENTRÉE - CHOOSE 1</b>		<b>NO DELIVERY THIS DAY</b>  You can order a Frozen Turkey Dinner to be delivered on <u>Wednesday DEC 24</u>  This is a bigger Turkey Dinner in a foil container. No Soup/Salad or Dessert  Number of Dinners? <input type="text"/>	
1) Cheese Burger w/ Tomato, Lettuce, Onion <input type="checkbox"/>		1) Shepherd's Pie w/ Gravy (no side) <input type="checkbox"/>			
2) Ham & Brussels Sprouts <input type="checkbox"/>		2) Ratatouille Stew & Corn <input type="checkbox"/>			
<b>SIDE - CHOOSE 1</b>		<b>SIDE - CHOOSE 1</b>			
1) Roasted Potatoes <input type="checkbox"/>		1) Baked Beans <input type="checkbox"/>			
2) Fries <input type="checkbox"/>		2) Basmati Rice <input type="checkbox"/>			
<b>SOUP OR SALAD- CHOOSE 1</b>		<b>SOUP OR SALAD- CHOOSE 1</b>			
1) Cream of Vegetable Soup <input type="checkbox"/>		1) Creamy Turkey Gnocchi Soup <input type="checkbox"/>			
2) Macaroni Salad (Dairy Free) <input type="checkbox"/>		2) Greek Salad <input type="checkbox"/>			
<b>DESSERT - CHOOSE 1</b>		<b>DESSERT - CHOOSE 1</b>			
1) Butter Tart <input type="checkbox"/>		1) Shortbread Cookie <input type="checkbox"/>			
2) Seasonal Fruit <input type="checkbox"/>		2) Seasonal Fruit <input type="checkbox"/>			

<b>COMMENTS from Melissa &amp; Candice</b>	<b>Please Note: All Meals   Sides   Soups   Salads &amp; Desserts are subject to Substitution</b>
<b>- 4 week Menu December 1 TO 26, 2025</b>	
<b>- Please return MENU as soon as possible - at the latest by NOVEMBER 19th. Menus can be returned with your delivery driver or by emailing a picture to <a href="mailto:info@mow-online.com">info@mow-online.com</a></b>	
 - 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 <a href="mailto:pay@mow-online.com">pay@mow-online.com</a>	