

NAME: _____

MEALS ON WHEELS \$12 MENU 250-763-2424 info@mow-online.com**JAN 2026**

MONDAY	December 29, 2025	WEDNESDAY	December 31, 2025	FRIDAY	January 2, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Roasted Chicken w/ Gravy, Peas & Carrots	<input type="checkbox"/>	1) Ham & Swiss Croissant w/ Carrot Sticks	<input type="checkbox"/>	1) Meatloaf w/ Mushroom Gravy & Beets	<input type="checkbox"/>
2) Vegetarian (Mild) Chili w/ Corn	<input type="checkbox"/>	2) Parmesan Chicken Meatballs w/ Green Beans	<input type="checkbox"/>	2) Pancakes, Bacon & Scrambled Eggs	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Mashed Potatoes	<input type="checkbox"/>	1) Herbed Noodles	<input type="checkbox"/>	1) Boiled New Potatoes w/ Butter & Chives	<input type="checkbox"/>
2) Brown Rice	<input type="checkbox"/>	2) Baked Beans	<input type="checkbox"/>	2) Blueberry Compote	<input type="checkbox"/>
SOUP OR SALAD - CHOOSE 1		SOUP OR SALAD - CHOOSE 1		SOUP OR SALAD - CHOOSE 1	
1) Minestrone Soup	<input type="checkbox"/>	1) Beef Barley Soup	<input type="checkbox"/>	1) Turkey Vegetable Soup	<input type="checkbox"/>
2) Greens & Creamy Cucumber Dressing	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>	2) Berry Spinach Salad & Poppyseed Dressing	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Banana Bread	<input type="checkbox"/>	1) Jello Squares	<input type="checkbox"/>	1) Chocolate Chip Cookie	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>
MONDAY	January 5, 2026	WEDNESDAY	January 7, 2026	FRIDAY	January 9, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Pork Chops w/ Gravy & Carrots	<input type="checkbox"/>	1) Turkey, Gravy, Stuffing, Cranberry & Rutabagas	<input type="checkbox"/>	1) Fried Fish w/ Peas & Tartar Sauce	<input type="checkbox"/>
2) Sweet & Sour Meatballs w/ Pineapple & Mixed Veg	<input type="checkbox"/>	2) Chickpea & Tomato Coconut Curry Stew	<input type="checkbox"/>	2) Roasted Chicken w/ Gravy & Mixed Vegetables	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Fried Rice	<input type="checkbox"/>	1) Mashed Potatoes	<input type="checkbox"/>	1) Roasted Potatoes & Carrots	<input type="checkbox"/>
2) Yams	<input type="checkbox"/>	2) Basmati Rice	<input type="checkbox"/>	2) Fries	<input type="checkbox"/>
SOUP OR SALAD - CHOOSE 1		SOUP OR SALAD - CHOOSE 1		SOUP OR SALAD - CHOOSE 1	
1) Creamy Tomato Basil Soup	<input type="checkbox"/>	1) Hobo Soup (Cabbage & Hamburger Soup)	<input type="checkbox"/>	1) Cream of Mushroom Soup	<input type="checkbox"/>
2) Greens & Italian Dressing	<input type="checkbox"/>	2) Greek Salad w/ Olives & Feta	<input type="checkbox"/>	2) Seedy Salad (Greens w/ Pumpkin & Sunflower Seeds)	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Butterscotch Pudding	<input type="checkbox"/>	1) Coconut Cookie	<input type="checkbox"/>	1) Spice Cake	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>
MONDAY	January 12, 2026	WEDNESDAY	January 14, 2026	FRIDAY	January 16, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Bubble & Squeak (Sausage & Cabbage) w/ Green Beans	<input type="checkbox"/>	1) Roast Beef w/ Gravy & Carrots	<input type="checkbox"/>	1) Pasta Primavera w/ Tomato & Mushroom (no side)	<input type="checkbox"/>
2) French Toast w/ Bacon & Boiled Eggs	<input type="checkbox"/>	2) BBQ Cabbage Steak & Green Beans	<input type="checkbox"/>	2) Beef Stew & Corn	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Hashbrowns	<input type="checkbox"/>	1) Boiled New Potatoes & Gravy	<input type="checkbox"/>	1) Roasted Garlic Mashed Potatoes	<input type="checkbox"/>
2) Strawberry Compote	<input type="checkbox"/>	2) Yams	<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) Cheesy Potato Mushroom & Dill Soup	<input type="checkbox"/>	1) Minestrone Soup	<input type="checkbox"/>	1) Lemon Chicken Orzo Soup	<input type="checkbox"/>
2) Macaroni Salad	<input type="checkbox"/>	2) Greens & Dill Ranch	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Strawberry Cake	<input type="checkbox"/>	1) Brownie	<input type="checkbox"/>	1) Lemon Square	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

MONDAY January 19, 2026 ENTRÉE - CHOOSE 1 1) Spaghetti & Meat Sauce (no side) <input type="checkbox"/> 2) Roasted Pork, Gravy & Mixed Vegetables <input type="checkbox"/> SIDE - CHOOSE 1 1) Mashed Potatoes <input type="checkbox"/> 2) Barley Pilaf <input type="checkbox"/> SOUP OR SALAD- CHOOSE 1 1) Roasted Red Pepper Soup <input type="checkbox"/> 2) Caesar Salad <input type="checkbox"/> DESSERT - CHOOSE 1 1) Jello Squares <input type="checkbox"/> 2) Seasonal Fruit <input type="checkbox"/>	WEDNESDAY January 21, 2026 ENTRÉE - CHOOSE 1 1) BBQ Pulled Pork w/ Bun & Corn <input type="checkbox"/> 2) Mushroom, Bacon, Cheddar Quiche & Broccoli <input type="checkbox"/> SIDE - CHOOSE 1 1) Baked Beans <input type="checkbox"/> 2) Mac & Cheese <input type="checkbox"/> SOUP OR SALAD- CHOOSE 1 1) Cheesy Broccoli & Cauliflower Soup <input type="checkbox"/> 2) Coleslaw <input type="checkbox"/> DESSERT - CHOOSE 1 1) Carrot Cake <input type="checkbox"/> 2) Seasonal Fruit <input type="checkbox"/>	FRIDAY January 23, 2026 ENTRÉE - CHOOSE 1 1) Porcupine (Beef) Meatballs w/ Cauliflower <input type="checkbox"/> 2) Salsa Chicken w/ Fried Zucchini & Tomato <input type="checkbox"/> SIDE - CHOOSE 1 1) Egg Noodles <input type="checkbox"/> 2) Rice & Beans <input type="checkbox"/> SOUP OR SALAD- CHOOSE 1 1) Doukhorbor Borscht <input type="checkbox"/> 2) Greens & French Dressing <input type="checkbox"/> DESSERT - CHOOSE 1 1) Chocolate Pudding <input type="checkbox"/> 2) Seasonal Fruit <input type="checkbox"/>
MONDAY January 26, 2026 ENTRÉE - CHOOSE 1 1) Salisbury Steak w/ Gravy & Mushrooms <input type="checkbox"/> 2) Tofu Pad Thai (no side) <input type="checkbox"/> SIDE - CHOOSE 1 1) Boiled New Potatoes <input type="checkbox"/> 2) Basmati Rice <input type="checkbox"/> SOUP OR SALAD- CHOOSE 1 1) Corn Chowder w/ Bacon <input type="checkbox"/> 2) Roasted Beet Salad <input type="checkbox"/> DESSERT - CHOOSE 1 1) Chocolate Chip Cookie <input type="checkbox"/> 2) Seasonal Fruit <input type="checkbox"/>	WEDNESDAY January 28, 2026 ENTRÉE - CHOOSE 1 1) Greek Chicken w/ Green Beans <input type="checkbox"/> 2) Shepherd's Pie w/ Gravy (no side) <input type="checkbox"/> SIDE - CHOOSE 1 1) Lemon Roasted Potatoes <input type="checkbox"/> 2) Spanakopita <input type="checkbox"/> SOUP OR SALAD- CHOOSE 1 1) Roasted Root Soup <input type="checkbox"/> 2) Greek Salad w/ Feta & Olives <input type="checkbox"/> DESSERT - CHOOSE 1 1) Pistachio Pudding <input type="checkbox"/> 2) Seasonal Fruit <input type="checkbox"/>	FRIDAY January 30, 2026 ENTRÉE - CHOOSE 1 1) Sweet & Sour Pork w/ Pineapple & Corn <input type="checkbox"/> 2) Broccoli & Cheddar Quiche w/ Baked Beans <input type="checkbox"/> SIDE - CHOOSE 1 1) Rice Pilaf <input type="checkbox"/> 2) Hashbrown Casserole <input type="checkbox"/> SOUP OR SALAD- CHOOSE 1 1) Beef Noodle Soup <input type="checkbox"/> 2) Greens w/ Thousand Island Dressing <input type="checkbox"/> DESSERT - CHOOSE 1 1) Banana Cake <input type="checkbox"/> 2) Seasonal Fruit <input type="checkbox"/>

COMMENTS from Melissa & Candice

Please Note: All Meals | Sides | Soups | Salads & Desserts are subject to Substitution

- 5 week Menu December 29, 2025 to January 30, 2026

- Please return MENU as soon as possible - *at the latest by December 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.

- **PAYMENT** EFT Email Address is **pay@mow-online.com** (for payments only).