

<div>MONDAYFebruary 2, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Pork Schnitzel & Hunter Sauce w/ Braised Red Cabbage</div><div>2) Mild Butter Chicken</div><div><div>1) Basmati Rice</div><div>2) Herbed Gnocchi</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Doukhobor Borscht</div><div>2) Greens & Italian Dressing</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Banana Bread</div><div>2) Seasonal Fruit</div></div></div>	<div>WEDNESDAYFebruary 4, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Roast Chicken w/ Gravy & Green Beans</div><div>2) Spaghetti & Meat Sauce w/ Parmesan (no side)</div><div><div>SIDE - CHOOSE 1</div><div>1) Boiled New Potatoes</div><div>2) Mashed Yams</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Italian Vegetable Soup</div><div>2) Caesar Salad</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Baked Apples & Caramel Sauce</div><div>2) Seasonal Fruit</div></div></div>	<div>FRIDAYFebruary 6, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Ham Steak & Pineapple w/ Banana & Stewed Tomatoes</div><div>2) Salisbury Steak & Mushroom Gravy w/ Carrots</div><div><div>SIDE - CHOOSE 1</div><div>1) Mashed Potatoes</div><div>2) Coconut Rice</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Creamy Potato & Leek Soup</div><div>2) Spinach & Berry Salad w/ Balsamic Dressing</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Chocolate Brownie</div><div>2) Seasonal Fruit</div></div></div>
<div>MONDAYFebruary 9, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Roast Beef w/ Gravy & Matrimonial Beets</div><div>2) Fried Fish & Mushy Peas</div><div><div>SIDE - CHOOSE 1</div><div>1) Roasted Potatoes & Carrots</div><div>2) Fries</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Chicken Noodle Soup</div><div>2) Coleslaw</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Strawberry Shortcake</div><div>2) Seasonal Fruit</div></div></div>	<div>WEDNESDAYFebruary 11, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Beef Stew & Dumplings</div><div>2) Chicken Parmesan & Tomato Marinara w/ Corn</div><div><div>SIDE - CHOOSE 1</div><div>1) Garlic & Butter Mushrooms w/ Chives</div><div>2) Fettuccini Alfredo</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Roasted Red Pepper & Tomato Soup</div><div>2) Greens & Italian Dressing</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) White Chocolate Macadamia Nut Cookie</div><div>2) Seasonal Fruit</div></div></div>	<div>FRIDAYFebruary 13, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Meatloaf w/ Mushroom Gravy & Mixed Vegetables</div><div>2) Roast 1/4 Chicken w/ Gravy & Broccoli</div><div><div>SIDE - CHOOSE 1</div><div>1) Roasted Garlic Mashed Potato</div><div>2) Rice Pilaf</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Doukhobor Borscht</div><div>2) Greens & French Dressing</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Lemon Blueberry Cake</div><div>2) Seasonal Fruit</div></div></div>
<div>MONDAYFebruary 16, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Liver w/ Bacon, Onion & Gravy</div><div>2) Pork Chops, Gravy & Green Beans</div><div><div>SIDE - CHOOSE 1</div><div>1) New Boiled Potatoes</div><div>2) Egg Noodles</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Tomato Soup</div><div>2) Sweet Cucumber Salad (Sesame dressing)</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Rice & Raisin Pudding w/ Cinnamon</div><div>2) Seasonal Fruit</div></div></div>	<div>WEDNESDAYFebruary 18, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Porcupine (Beef) Meatballs w/ Garlic Butter Mushrooms</div><div>2) Chicken à La King w/ Carrots</div><div><div>SIDE - CHOOSE 1</div><div>1) Mashed Potatoes</div><div>2) Barley Pilaf</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Borscht</div><div>2) Seedy Raisin Salad w/ Coleslaw Dressing</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Chocolate Cake</div><div>2) Seasonal Fruit</div></div></div>	<div>FRIDAYFebruary 20, 2026</div> <div><div>ENTRÉE - CHOOSE 1</div><div>1) Dill & Lemon Salmon w/ Green Beans</div><div>2) Woodsman's Penne (Tom, Bacon, Sausage, Mushroom) (no side)</div><div><div>SIDE - CHOOSE 1</div><div>1) Basmati Rice</div><div>2) Herbed Gnocchi</div></div><div><div>SOUP OR SALAD- CHOOSE 1</div><div>1) Mushroom, Bean & Barley Soup</div><div>2) Caesar Salad</div></div><div><div>DESSERT - CHOOSE 1</div><div>1) Butterscotch Pudding</div><div>2) Seasonal Fruit</div></div></div>

MONDAY	February 23, 2026	WEDNESDAY	February 25, 2026	FRIDAY	February 27, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Sweet & Sour Meatballs w/ Pineapple & Peppers	<input type="checkbox"/>	1) Pork Chops, Gravy & Green Beans	<input type="checkbox"/>	1) Roast Beef, Gravy & Mushrooms	<input type="checkbox"/>
2) Mushroom & Pepper Salsa Quesadilla w/ Carrot Sticks	<input type="checkbox"/>	2) Shepherd's Pie, Gravy & Peas (no side)	<input type="checkbox"/>	2) Bacon, Tomato, Cheddar Frittata	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) White Rice	<input type="checkbox"/>	1) Herbed Spaghetti	<input type="checkbox"/>	1) Roasted Garlic Mashed Potato	<input type="checkbox"/>
2) Black Bean & Barley Pilaf w/ Mild Chili Spice	<input type="checkbox"/>	2) Fried Rice	<input type="checkbox"/>	2) Yam Hashbrowns	<input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Creamy Turkey Gnocchi Soup	<input type="checkbox"/>	1) Minestrone Soup	<input type="checkbox"/>	1) Chicken Vegetable Soup	<input type="checkbox"/>
2) Greens & Creamy Cucumber Dressing	<input type="checkbox"/>	2) Greek Salad w/ Feta & Olives	<input type="checkbox"/>	2) Waldorf Salad w/ Apples, Walnuts & Grapes	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Butter Tart	<input type="checkbox"/>	1) Chocolate Chip Cookie	<input type="checkbox"/>	1) Lemon Squares	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

Frozen Soup Menu : \$6		1) Hobo Soup (Cabbage & Hamburger)	4) Cream of Mushroom Soup	7) Turkey Noodle Soup
<u>Delivery with Fresh Meal</u>		2) Doukhobor Soup	5) Cheesy Broccoli & Cauliflower	
		3) Lemon Chicken Orzo Soup	6) Cream of Tomato	

COMMENTS from the OFFICE	Please Note: All Meals Sides Soups Salads & Desserts are subject to Substitution
<p>- PLEASE NOTE the price increase to \$13 starting February 2, 2026</p> <p>- Please return MENU as soon as possible - at the latest by January 19th. Menus can be returned with your delivery driver or by emailing a picture to info@mow-online.com</p> <p>- 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!</p> <p>- If you order more than 1 meal per day, please indicate a second meal. Call the office if you require assistance or have questions.</p> <p>- PAYMENT EFT Email Address is pay@mow-online.com (for payments only). PLEASE NOTE the price increase to \$13 starting February 2, 2026.</p>	