

NAME: _____

MEALS ON WHEELS \$13 MENU 250-763-2424 info@mow-online.com

FEB 2026

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

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
- PLEASE NOTE the price increase to \$13 starting February 2, 2026	
- 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	
- 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). PLEASE NOTE the price increase to \$13 starting February 2, 2026.	