

NAME: _____

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

MAR 2026

MONDAY **March 2, 2026**

ENTRÉE - CHOOSE 1

1) Sweet & Sour Pineapple Chicken w/ Button Mushrooms

2) Beef & Bean Chilli w/ corn

SIDE - CHOOSE 1

1) Egg Noodles

2) Basmati Rice

SOUP OR SALAD- CHOOSE 1

1) Cream of Mushroom Soup

2) Greens & Thousand Island Dressing

DESSERT - CHOOSE 1

1) Brownie

2) Seasonal Fruit

WEDNESDAY **March 4, 2026**

ENTRÉE - CHOOSE 1

1) Roasted Pork, Gravy & Green Beans

2) Spaghetti & Meat Sauce (no side)

SIDE - CHOOSE 1

1) Mashed Potatoes

2) Yam Fries

SOUP OR SALAD- CHOOSE 1

1) Roasted Red Pepper Soup

2) Caesar Salad

DESSERT - CHOOSE 1

1) 1/2 Baked Apple w/ Cinnamon

2) Seasonal Fruit

FRIDAY **March 6, 2026**

ENTRÉE - CHOOSE 1

1) Bacon & Cheddar Mushroom Quiche w/ Peas

2) Chicken Pot Pie Stew & Tomatoes

SIDE - CHOOSE 1

1) Roasted Potatoes & Carrots

2) Herbed Buttery Gnocchi

SOUP OR SALAD- CHOOSE 1

1) Vegetable Soup

2) Creamy Cucumber & Dill Salad

DESSERT - CHOOSE 1

1) Chocolate Chip Cookie

2) Seasonal Fruit

MONDAY **March 9, 2026**

ENTRÉE - CHOOSE 1

1) Pork Chops w/ Gravy & Peas

2) Greek Tomato & Pepper Fritata w/ Feta & Baked Beans

SIDE - CHOOSE 1

1) Lemon New Potatoes w/ Butter & Parsley

2) Hashbrown Cheddar Casserole

SOUP OR SALAD- CHOOSE 1

1) Chicken Noodle Soup

2) Greek Pasta Salad

DESSERT - CHOOSE 1

1) Strawberry Shortcake

2) Seasonal Fruit

WEDNESDAY **March 11, 2026**

ENTRÉE - CHOOSE 1

1) Turkey Dinner w/ Gravy, Stuffing, Carrots & Cranberry

2) Vegan Chili w/ Corn

SIDE - CHOOSE 1

1) Mashed Potatoes

2) Barley Pilaf

SOUP OR SALAD- CHOOSE 1

1) Roasted Red Pepper Soup

2) Seedy Salad w/ Ranch

DESSERT - CHOOSE 1

1) Pumpkin Tart

2) Seasonal Fruit

FRIDAY **March 13, 2026**

ENTRÉE - CHOOSE 1

1) Meatloaf, Mushroom Gravy & Mixed Vegetables

2) Baked Tomato Zucchini Parmesan w/ Carrots

SIDE - CHOOSE 1

1) Herbed Spaghetti

2) Roasted Garlic Mashed Potatoes

SOUP OR SALAD- CHOOSE 1

1) Doukhorbor Borscht

2) Greens & Italian

DESSERT - CHOOSE 1

1) Lemon Blueberry Cake

2) Seasonal Fruit

MONDAY **March 16, 2026**

ENTRÉE - CHOOSE 1

1) Chicken Burger w/ Tomato, Onion, Lettuce w/ Bun

2) Mac & Cheese /w Bacon (no side)

SIDE - CHOOSE 1

1) Baked Beans

2) Fries

SOUP OR SALAD- CHOOSE 1

1) French Onion Soup

2) Coleslaw

DESSERT - CHOOSE 1

1) Chocolate Pudding w/ Bananas

2) Seasonal Fruit

WEDNESDAY **March 18, 2026**

ENTRÉE - CHOOSE 1

1) Cabbage Roll Casserole w/ Corn (no side)

2) Sweet & Sour Pork w/ Pineapple

SIDE - CHOOSE 1

1) Fried Rice

2) Chow Mein

SOUP OR SALAD- CHOOSE 1

1) Turkey Vegetable Soup

2) Greens w/ Creamy Cucumber Dressing

DESSERT - CHOOSE 1

1) Jello Squares

2) Seasonal Fruit

FRIDAY **March 20, 2026**

ENTRÉE - CHOOSE 1

1) Dill & Lemon Salmon w/ Green Beans

2) Broccoli Alfredo Fettuccini (no side)

SIDE - CHOOSE 1

1) Roasted Potatoes & Carrots

2) Basmati Rice

SOUP OR SALAD- CHOOSE 1

1) Tomato Soup

2) Caesar Salad

DESSERT - CHOOSE 1

1) Banana Bread

2) Seasonal Fruit

| MONDAY | March 23, 2026 | WEDNESDAY | March 25, 2026 | FRIDAY | March 27, 2026 |
|---|--------------------------|---|--------------------------|--|--------------------------|
| ENTRÉE - CHOOSE 1 | | ENTRÉE - CHOOSE 1 | | ENTRÉE - CHOOSE 1 | |
| 1) 1/4 Rotisserie Chicken w/ BBQ Corn & Bean Medley | <input type="checkbox"/> | 1) Honey Mustard Ham w/ Braised Cabbage | <input type="checkbox"/> | 1) Sweet & Sour Meatballs w/ Pineapple & Peppers | <input type="checkbox"/> |
| 2) Liver & Onions w/ Bacon, Gravy, Peas & Carrots | <input type="checkbox"/> | 2) Shepherd's Pie w/ Gravy (no side) | <input type="checkbox"/> | 2) Roasted Pork, Gravy & Mixed Vegetables | <input type="checkbox"/> |
| SIDE - CHOOSE 1 | | SIDE - CHOOSE 1 | | SIDE - CHOOSE 1 | |
| 1) Mashed Potatoes | <input type="checkbox"/> | 1) Tater Tots | <input type="checkbox"/> | 1) Mashed Yams | <input type="checkbox"/> |
| 2) Tex Mex Rice | <input type="checkbox"/> | 2) Parmesan Gnocchi | <input type="checkbox"/> | 2) Fried Rice | <input type="checkbox"/> |
| SOUP OR SALAD- CHOOSE 1 | | SOUP OR SALAD- CHOOSE 1 | | SOUP OR SALAD- CHOOSE 1 | |
| 1) Creamy Turkey Soup | <input type="checkbox"/> | 1) Hobo Soup (Cabbage & Hamburger) | <input type="checkbox"/> | 1) Split Pea & Ham Soup | <input type="checkbox"/> |
| 2) Greens & Italian | <input type="checkbox"/> | 2) Coleslaw | <input type="checkbox"/> | 2) Potato Salad | <input type="checkbox"/> |
| DESSERT - CHOOSE 1 | | DESSERT - CHOOSE 1 | | DESSERT - CHOOSE 1 | |
| 1) Butter Tart | <input type="checkbox"/> | 1) White Chocolate Cookie | <input type="checkbox"/> | 1) Butterscotch Pudding | <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) | 3) Lemon Chicken Orzo Soup | 5) Cheesy Broccoli & Cauliflower |
| 2) Doukhorbor Soup | 4) Cream of Mushroom Soup | 6) Cream of Tomato |

Delivery with Fresh Meal

Call or email us to order!

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

- **PLEASE Make Sure you put your name on the front side of this menu. We have had a few back with no name.**
- Please return MENU as soon as possible - at the latest by **Monday, February 16th**. 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 increased to \$13 starting February 2, 2026.**

Comments / Suggestions: (Please! give us feedback!)