

NAME: _____

MEALS ON WHEELS MENU 250-763-2424

info@mow-online.com

APR 2026

MONDAY	March 30, 2026	WEDNESDAY	April 1, 2026	FRIDAY	April 3, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Broccoli & Cheddar Quiche w/ Corn	<input type="checkbox"/>	1) Mild Butter Chicken w/ Basmati Rice (no side)	<input type="checkbox"/>	1) Honey Ham w/ Cauliflower & Cheese Sauce	<input type="checkbox"/>
2) Spaghetti & Meat Sauce w/ Parmesan (no side)	<input type="checkbox"/>	2) Stuffed Pepper (Beef) w/ Green Beans	<input type="checkbox"/>	2) Beef & Mushroom Stroganoff w/ Egg Noodles (no side)	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Button Mushrooms w/ Garlic Butter	<input type="checkbox"/>	1) Baby Tomato & Corn Medley	<input type="checkbox"/>	1) Barley Pilaf	<input type="checkbox"/>
2) Hashbrowns	<input type="checkbox"/>	2) Italian Herbed Bowtie Butter Pasta	<input type="checkbox"/>	2) Mashed Potatoes	<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) Doukhorbor Borscht	<input type="checkbox"/>	1) Cheesy Broccoli & Cauliflower Soup	<input type="checkbox"/>
2) Greens w/ Italian Dressing	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>	2) Sweet Cucumber Salad w/ Poppy Seed Dressing	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Banana Bread	<input type="checkbox"/>	1) Chocolate Chip Cookie	<input type="checkbox"/>	1) Blueberry Cake	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

MONDAY	April 6, 2026	Easter Monday	WEDNESDAY	April 8, 2026	FRIDAY	April 10, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		
1) Cheese Burger w/ Lettuce, Tomato & Onion	<input type="checkbox"/>	1) 1/4 Rotisserie Chicken & Mixed Veg	<input type="checkbox"/>	1) Meatloaf, Mushroom Gravy & Mixed Vegetables	<input type="checkbox"/>	
2) Turkey Dinner (no side)	<input type="checkbox"/>	2) Greek Frittata w/ Stewed Tomatoes	<input type="checkbox"/>	2) 'Shake & Bake' Chicken Drumsticks & Creamed Corn	<input type="checkbox"/>	
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1		
1) Carrot Sticks	<input type="checkbox"/>	1) Greek Lemon Potato Hashbrowns	<input type="checkbox"/>	1) Mashed Potatoes	<input type="checkbox"/>	
2) Fries	<input type="checkbox"/>	2) Roasted Potatoes & Carrots	<input type="checkbox"/>	2) Rice	<input type="checkbox"/>	
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		
1) Beef Noodle Soup	<input type="checkbox"/>	1) Roasted Red Pepper Soup	<input type="checkbox"/>	1) Doukhorbor Borscht	<input type="checkbox"/>	
2) Caesar Salad	<input type="checkbox"/>	2) Greek Salad w/ Feta & Olives	<input type="checkbox"/>	2) Greens & French Dressing	<input type="checkbox"/>	
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		
1) White Chocolate Macadamia Nut Cookie	<input type="checkbox"/>	1) Mixed Berry Shortcake	<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"/>	

MONDAY	April 13, 2026	WEDNESDAY	April 15, 2026	FRIDAY	April 17, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Italian Pork Tomato Roast w/ Green Beans	<input type="checkbox"/>	1) Perogies w/ Farmer Sausage & Fried Onion (no side)	<input type="checkbox"/>	1) French Toast w/ Boiled Eggs & Bacon	<input type="checkbox"/>
2) Liver & Onions w/ Gravy & Mixed Veg	<input type="checkbox"/>	2) Beef Rouladen Stew/ & Corn (Contains Pickles)	<input type="checkbox"/>	2) Chicken & Red Pepper Fettucini Alfredo (no side)	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Herbed Gnocchi	<input type="checkbox"/>	1) Egg Noodles	<input type="checkbox"/>	1) Berry Compote	<input type="checkbox"/>
2) Mashed Potato	<input type="checkbox"/>	2) Barley Pilaf	<input type="checkbox"/>	2) Hashbrown Casserole	<input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Cream of Mushroom Soup	<input type="checkbox"/>	1) Creamy Corn Chowder	<input type="checkbox"/>	1) Italian Vegetable Soup	<input type="checkbox"/>
2) Spinach Salad w/ Egg & Poppy Seed Dressing	<input type="checkbox"/>	2) Seedy Raisin Salad w/ Coleslaw Dressing	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Strawberry Shortcake	<input type="checkbox"/>	1) Chocolate 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	April 20, 2026	WEDNESDAY	April 22, 2026	FRIDAY	April 24, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Mozza & Lentil Stuffed Zucchini w/ Stewed Tomato	<input type="checkbox"/>	1) Fried Fish, Mushy Peas & Tartar Sauce	<input type="checkbox"/>	1) Salisbury Steak, Gravy & Button Mushrooms	<input type="checkbox"/>
2) S&S Meatballs w/ Pineapple, Peppers & Corn	<input type="checkbox"/>	2) Shepherd's Pie, 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) Rice	<input type="checkbox"/>	1) French Fries	<input type="checkbox"/>	1) Roasted Garlic Mashed Potatoes	<input type="checkbox"/>
2) Chow Mein Noodles	<input type="checkbox"/>	2) Carrot & Celery Sticks	<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) Tomato Soup	<input type="checkbox"/>	1) Cheesy Potato, Mushroom & Dill Soup	<input type="checkbox"/>	1) Lemon Chicken Orzo Soup	<input type="checkbox"/>
2) Caesar Salad	<input type="checkbox"/>	2) Coleslaw w/ Sunflower Seeds	<input type="checkbox"/>	2) Waldorf Salad (Contains Walnuts)	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Coconut Cookies	<input type="checkbox"/>	1) Butter Tart	<input type="checkbox"/>	1) Chocolate 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 & Hambur,	4) Cream of Mushroom Soup	Soups are 500 ml
<i>Delivery with Fresh Meal</i>	2) Doukhobor Soup	5) Cheesy Broccoli & Cauliflower	Call or email us to order!
	3) Lemon Chicken Orzo Soup	6) Cream of Tomato	

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, March 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).

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