

NAME: _____

MEALS ON WHEELS MENU 250-763-2424

info@mow-online.com

MAY 2026

MONDAY April 27, 2026	WEDNESDAY April 29, 2026	FRIDAY May 1, 2026
<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Beef Stroganoff Meatballs w/ Button Mushrooms <input type="checkbox"/></p> <p>2) Mild Butter Chicken w/ Broccoli <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Egg Noodles <input type="checkbox"/></p> <p>2) Basmati Rice <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Mushroom, Bean & Barley Soup <input type="checkbox"/></p> <p>2) Caesar Salad <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Banana Bread <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Chicken Salad Croissant w/ Carrot Sticks <input type="checkbox"/></p> <p>2) Ham w/ Pineapple Ring & 1/2 Roasted Tomato <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Potato Salad <input type="checkbox"/></p> <p>2) Baked Beans <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Doukhobor Borscht <input type="checkbox"/></p> <p>2) Coleslaw <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Coconut Cookie <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Lemon Garlic Shrimp & Zucchini w/ Corn <input type="checkbox"/></p> <p>2) Spaghetti & Meat Sauce (no side) <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Roasted Greek Potatoes <input type="checkbox"/></p> <p>2) Spanakopita <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Minestrone Soup <input type="checkbox"/></p> <p>2) Greek Salad w/ Feta & Olives <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Nanaimo Bar <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>
MONDAY May 4, 2026	WEDNESDAY May 6, 2026	FRIDAY May 8, 2026
<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Pork Chops w/ Gravy & Green Beans <input type="checkbox"/></p> <p>2) Blush Penne w/Rst Red Pep, Mush & Mozza (no side) <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Roasted New Potatoes <input type="checkbox"/></p> <p>2) Mashed Yam <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Creamy Tomato Basil Soup <input type="checkbox"/></p> <p>2) Greens & Italian Dressing <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Strawberry Short Cake <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Rouladin Beef Stew (Dill pickle) w/ Corn <input type="checkbox"/></p> <p>2) 1/4 Rotisserie Chicken w/ Peas & Carrots <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Mashed Potato <input type="checkbox"/></p> <p>2) Barely Pilaf <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Hobo Soup (Cabbage & Hamburger Soup) <input type="checkbox"/></p> <p>2) Spinach Salad w/ Ranch Dressing <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Cinnamon Bun <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Chicken Burger w/ Lettuce, Tomato, Onion <input type="checkbox"/></p> <p>2) Salisbury Steak & Gravy w/ Peas <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Egg Noodles <input type="checkbox"/></p> <p>2) Fries <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Cream of Mushroom Soup <input type="checkbox"/></p> <p>2) Coleslaw w/ Sunflower Seeds & Raisins <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Brownie <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>
MONDAY May 11, 2026	WEDNESDAY May 13, 2026	FRIDAY May 15, 2026
<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) French Toast w/ Bacon & Scrambled eggs <input type="checkbox"/></p> <p>2) Broccoli & Cheddar Quiche w/ corn <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Tator Tots <input type="checkbox"/></p> <p>2) Strawberries <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Creamy Chicken & Spinach Soup <input type="checkbox"/></p> <p>2) Greens w/ Oil & Vinegar Dressing <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Chocolate Pudding <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Dilled Salmon & Peas <input type="checkbox"/></p> <p>2) Roast Pork & Gravy w/ Carrots <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Rice Pilaf <input type="checkbox"/></p> <p>2) 1/2 Baked Potato w/ Green Onion <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Corn Chowder <input type="checkbox"/></p> <p>2) Seedy Salad w/ Raisins & French dressing <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Peanut Butter Cookie <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Turkey, Gravy w/ Rutabaga & Carrot Mash <input type="checkbox"/></p> <p>2) Porcupine Meatballs w/ Mixed Veg <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Mashed Potatoes <input type="checkbox"/></p> <p>2) Barley Pilaf <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Doukhobor Borscht <input type="checkbox"/></p> <p>2) Caesar Salad <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Lemon Square <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>

MONDAY	May 18, 2026	WEDNESDAY	May 20, 2026	FRIDAY	May 22, 2026
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Pepper Steak & Tomato Gravy w/ Mushrooms	<input type="checkbox"/>	1) Teriyaki Chicken Breast w/ Broccoli	<input type="checkbox"/>	1) Italian Pork Roast & Gravy w/ Stewed Tomatoes	<input type="checkbox"/>
2) Italian 1/4 Chicken w/ green beans	<input type="checkbox"/>	2) Chili Con Carne & Corn	<input type="checkbox"/>	2) Cabbage Roll Casserole (no side)	<input type="checkbox"/>
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Roasted garlic Mashed Potatoes	<input type="checkbox"/>	1) Pan Fried Potatoes	<input type="checkbox"/>	1) Egg Noodles	<input type="checkbox"/>
2) Buttered Herbed Spaghetti	<input type="checkbox"/>	2) White Rice	<input type="checkbox"/>	2) Rice & Beans	<input type="checkbox"/>
<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>	
1) Creamy Tomato Pesto (contains Pine Nuts)	<input type="checkbox"/>	1) Cream of Asparagus	<input type="checkbox"/>	1) Doukhobor Borscht	<input type="checkbox"/>
2) Greek Salad	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>	2) Greens & Italian Dressing	<input type="checkbox"/>
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Butter Tart	<input type="checkbox"/>	1) Carrot Cake	<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"/>

MONDAY	May 25, 2026	WEDNESDAY	May 27, 2026	FRIDAY	May 29, 2026
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Meatloaf & Gravy w/ Peas & Carrots	<input type="checkbox"/>	1) Fried Fish & Peas w/ Tartar Sauce	<input type="checkbox"/>	1) BBQ Pulled Pork w/ Coleslaw & Bun	<input type="checkbox"/>
2) Chicken Quesadilla w/ Corn	<input type="checkbox"/>	2) Shepherd's Pie w/ Gravy (no side)	<input type="checkbox"/>	2) Chicken Pot Pie Stew w/ Corn	<input type="checkbox"/>
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Tex Mex Rice	<input type="checkbox"/>	1) Mushroom Medley	<input type="checkbox"/>	1) Yam Fries	<input type="checkbox"/>
2) Mashed Potato	<input type="checkbox"/>	2) Fries	<input type="checkbox"/>	2) Herbed Gnocchi	<input type="checkbox"/>
<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>	
1) Cream of Mushroom Soup	<input type="checkbox"/>	1) Cheesy Broccoli & Cauliflower Soup	<input type="checkbox"/>	1) Minestrone Soup	<input type="checkbox"/>
2) Caesar Salad	<input type="checkbox"/>	2) Cucumber Sesame Salad	<input type="checkbox"/>	2) Greens w/ Thousand Island Dressing	<input type="checkbox"/>
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Lemon Square	<input type="checkbox"/>	1) Chocolate Chip Cookie	<input type="checkbox"/>	1) Banana Bread	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

COMMENTS from the OFFICE Please Note: All Meals | Sides | Soups | Salads & Desserts are subject to Substitution

- 5 week Menu APRIL 27, 2026 to MAY 29, 2026

- Please return MENU as soon as possible - at the latest by April 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).