

NAME: _____

MEALS ON WHEELS MENU 250-763-2424

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JUN 2026

MONDAY June 1, 2026	WEDNESDAY June 3, 2026	FRIDAY June 5, 2026
ENTRÉE - CHOOSE 1	ENTRÉE - CHOOSE 1	ENTRÉE - CHOOSE 1
1) Chicken Salad Croissant w/ Carrot Sticks <input type="checkbox"/>	1) Roast Pork, Gravy & Carrot Rutabaga Mash <input type="checkbox"/>	1) Spaghetti & Meat Sauce w/ Parmesan (no side) <input type="checkbox"/>
2) Bacon, Tomato, Spinach Quiche w/ Asparagus <input type="checkbox"/>	2) Chili Con Carne w/ Button Mushrooms <input type="checkbox"/>	2) S&S Chicken w/ Pineapple, Peppers & Tomatoes <input type="checkbox"/>
SIDE - CHOOSE 1	SIDE - CHOOSE 1	SIDE - CHOOSE 1
1) Baked Beans <input type="checkbox"/>	1) Roasted New Potatoes <input type="checkbox"/>	1) Basmati Rice <input type="checkbox"/>
2) Hashbrowns <input type="checkbox"/>	2) Barley Pilaf <input type="checkbox"/>	2) Chow Mein Noodles <input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1	SOUP OR SALAD- CHOOSE 1	SOUP OR SALAD- CHOOSE 1
1) Doukhobor Borscht <input type="checkbox"/>	1) Creamy Roasted Red Pepper & Tomato Soup <input type="checkbox"/>	1) Cheesy Broccoli Soup <input type="checkbox"/>
2) Greens w/ Italian Dressing <input type="checkbox"/>	2) Seedy Salad w/ Poppy Seed Dressing <input type="checkbox"/>	2) Caesar Salad <input type="checkbox"/>
DESSERT - CHOOSE 1	DESSERT - CHOOSE 1	2 DESSERT - CHOOSE 1
1) Old Fashioned Rice Pudding w/ Raisins <input type="checkbox"/>	1) Blueberry Cake Upside Down Cake <input type="checkbox"/>	1) Jello Squares <input type="checkbox"/>
2) Seasonal Fruit <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>

MONDAY June 8, 2026	WEDNESDAY June 10, 2026	FRIDAY June 12, 2026
ENTRÉE - CHOOSE 1	ENTRÉE - CHOOSE 1	ENTRÉE - CHOOSE 1
1) Pork Chops in Mushroom Soup w/ Peas <input type="checkbox"/>	1) Meatloaf w/ Mushroom Gravy & Dill Carrots <input type="checkbox"/>	1) Chicken Burger w/ Lettuce, Tomato, Onion & Bun <input type="checkbox"/>
2) Salisbury Steak & Gravy w/ Fried Peppers & Onion <input type="checkbox"/>	2) Homemade Pork & Beans w/ Wieners & Corn Bread <input type="checkbox"/>	2) Beef Stroganoff w/ Sour Cream & Chives (no side) <input type="checkbox"/>
SIDE - CHOOSE 1	SIDE - CHOOSE 1	SIDE - CHOOSE 1
1) Butter Roasted New Potatoes w/ Carrots & Onion <input type="checkbox"/>	1) Mashed Potatoes <input type="checkbox"/>	1) Fries (Happy Fry...day) <input type="checkbox"/>
2) Herbed Buttered Egg Noodles <input type="checkbox"/>	2) White Rice <input type="checkbox"/>	2) Potato Salad <input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1	SOUP OR SALAD- CHOOSE 1	SOUP OR SALAD- CHOOSE 1
1) Split Pea & Ham Soup <input type="checkbox"/>	1) Chicken Noodle Soup <input type="checkbox"/>	1) Hobo Soup (Cabbage, Hamburger & Tomato) <input type="checkbox"/>
2) Waldorf Salad <input type="checkbox"/>	2) Coleslaw <input type="checkbox"/>	2) Berry Spinach Salad w/ Poppy Seed Dressing <input type="checkbox"/>
DESSERT - CHOOSE 1	DESSERT - CHOOSE 1	DESSERT - CHOOSE 1
1) Banana Bread <input type="checkbox"/>	1) Butterscotch Pudding <input type="checkbox"/>	1) Brownie <input type="checkbox"/>
2) Seasonal Fruit <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>

MONDAY June 15, 2026	WEDNESDAY June 17, 2026	FRIDAY June 19, 2026
ENTRÉE - CHOOSE 1	ENTRÉE - CHOOSE 1	ENTRÉE - CHOOSE 1
1) Lasagna (no side) <input type="checkbox"/>	1) 1/4 Rotisserie Chicken w/ Mixed Vegetables <input type="checkbox"/>	1) Bubble & Squeak (Sausage & Fried Cabbage) <input type="checkbox"/>
2) Teriyaki Chicken & Garlic Mushrooms <input type="checkbox"/>	2) Lentil & Mozza Zucchini Boat w/ Corn <input type="checkbox"/>	2) Turkey Dinner (no side) <input type="checkbox"/>
SIDE - CHOOSE 1	SIDE - CHOOSE 1	SIDE - CHOOSE 1
1) Rice Pilaf <input type="checkbox"/>	1) Mashed Yam <input type="checkbox"/>	1) Dumplings & Chives <input type="checkbox"/>
2) Chow Mein Noodles <input type="checkbox"/>	2) Spaghetti w/ Marinara <input type="checkbox"/>	2) Mashed Potato <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) Rustic Beef Barley Soup <input type="checkbox"/>	1) Creamy Roasted Root Soup <input type="checkbox"/>
2) Caesar Salad <input type="checkbox"/>	2) Greek Pasta Salad <input type="checkbox"/>	2) Mixed Greens & Tomato Relish w/ Balsamic <input type="checkbox"/>
DESSERT - CHOOSE 1	DESSERT - CHOOSE 1	DESSERT - CHOOSE 1
1) Coconut Cookies <input type="checkbox"/>	1) Nanaimo Bar <input type="checkbox"/>	1) Berry Shortcake <input type="checkbox"/>
2) Seasonal Fruit <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>	2) Seasonal Fruit <input type="checkbox"/>

MONDAY	June 22, 2026	WEDNESDAY	June 24, 2026	FRIDAY	June 26, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Hungarian Beef Goulash w/ Sour Cream & Chives	<input type="checkbox"/>	1) Honey Ham & Pineapple w/ 1/2 Banana & Stew Tomato	<input type="checkbox"/>	1) Greek Frittata (Tomato, Peppers & Feta)	<input type="checkbox"/>
2) Chicken Drumsticks & Creamed Corn	<input type="checkbox"/>	2) Porcupine Beef Meatballs & Fried Italian Zucchini	<input type="checkbox"/>	2) Dilled Salmon w/ Asparagus	<input type="checkbox"/>
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Egg Noodles	<input type="checkbox"/>	1) Bowtie Pasta	<input type="checkbox"/>	1) Roasted Greek Lemon New Potatoes	<input type="checkbox"/>
2) Mashed Potatoes	<input type="checkbox"/>	2) Hashbrown Casserole	<input type="checkbox"/>	2) Spanakopita	<input type="checkbox"/>
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Creamy Mushroom Soup	<input type="checkbox"/>	1) Creamy Turkey & Gnocchi Soup	<input type="checkbox"/>	1) Lemon Chicken Orzo Soup	<input type="checkbox"/>
2) Bean Salad	<input type="checkbox"/>	2) Greens & Ranch Dressing	<input type="checkbox"/>	2) Couscous Salad	<input type="checkbox"/>
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Butter Tart	<input type="checkbox"/>	1) Baked Apple	<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 <i>Delivery with Fresh Meal</i>	1) Hobo Soup	4) Cream of Mushroom Soup	Soups are 500 ml Call or email us to order!
	2) Doukhorbor Soup	5) Cheesy Broccoli & Cauliflower Soup	
	3) Lemon Chicken Orzo Soup	6) Cream of Tomato Soup	

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, May 18th. 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!)