

NAME: _____

MEALS ON WHEELS MENU 250-763-2424

info@mow-online.com

JULY 2026

<p>MONDAY June 29, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) BBQ Roast Chicken w/ Corn on the Cob <input type="checkbox"/></p> <p>2) Salisbury Steak, Gravy w/ Onion & Mushrooms <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Hashbrown Casserole <input type="checkbox"/></p> <p>2) Roast Potatoes <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) Greens & Italian Dressing <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Rice Krispie Square <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p>WEDNESDAY July 1, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Pork Chop w/ Gravy & Green Beans <input type="checkbox"/></p> <p>2) Terriyaki Chicken & Broccoli <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Mashed Yams <input type="checkbox"/></p> <p>2) Basmati Rice <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Minestrone Soup <input type="checkbox"/></p> <p>2) Cucumber Sesame Salad <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Jello Squares & Whipped Cream <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p>FRIDAY July 3, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) 1/4 Chicken w/ Dilled Buttery Carrots <input type="checkbox"/></p> <p>2) Liver, Gravy w/ Bacon & Onions & Peas <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Mashed Potatoes <input type="checkbox"/></p> <p>2) Rice 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) Chocolate Cake <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>
<p>MONDAY July 6, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Chicken & Broccoli Penne Alfredo (no side) <input type="checkbox"/></p> <p>2) Roast Beef, Gravy w/ Harvest Beets <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Garlic Button Mushrooms <input type="checkbox"/></p> <p>2) Mashed Potatoes <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) Coleslaw <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Berry Cake <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p>WEDNESDAY July 8, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Dilled Salmon w/ Peas & Carrots <input type="checkbox"/></p> <p>2) Greek Chicken w/ Mediterranean Veggie Medley <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Lemon Potatoes <input type="checkbox"/></p> <p>2) Spanakopita <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) Greek Pasta Salad <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>FRIDAY July 10, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Shepherd's Pie w/ Gravy (no side) <input type="checkbox"/></p> <p>2) Turkey, Gravy & Mixed Vegetables <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Dumplings w/ Butter & Chives <input type="checkbox"/></p> <p>2) Roasted Garlic Mashed Potatoes <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Cream of Broccoli Soup <input type="checkbox"/></p> <p>2) Greens & Thousand Island Dressing <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Butterscotch Pudding <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>
<p>MONDAY July 13, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Italian Pork w/ Ratatouille <input type="checkbox"/></p> <p>2) Chicken Salad Croissant w/ Carrot Sticks <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Potato Wedges <input type="checkbox"/></p> <p>2) Baked Beans <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Roasted Red Pepper & Tomato Soup <input type="checkbox"/></p> <p>2) Potato Salad <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Chocolate Pudding w/ Banana <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>	<p>WEDNESDAY July 15, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Beef & Mushroom Stroganoff w/ Sour Cream & Green Onion <input type="checkbox"/></p> <p>2) Turkey Parmesan Meatballs & Roasted Honey Carrots <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Egg Noodles <input type="checkbox"/></p> <p>2) Mashed Potatoes <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Chicken Vegetable Soup <input type="checkbox"/></p> <p>2) Caesar Salad <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>FRIDAY July 17, 2026</p> <p><u>ENTRÉE - CHOOSE 1</u></p> <p>1) Meatloaf w/ Mushroom Gravy & Carrots <input type="checkbox"/></p> <p>2) Lentil Stuffed Pepper w/ Stir Fried Vegetables <input type="checkbox"/></p> <p><u>SIDE - CHOOSE 1</u></p> <p>1) Barley Pilaf <input type="checkbox"/></p> <p>2) Roasted New Italian Potatoes <input type="checkbox"/></p> <p><u>SOUP OR SALAD- CHOOSE 1</u></p> <p>1) Beef, Spinach & Tomato Soup <input type="checkbox"/></p> <p>2) Bowtie Pasta Salad <input type="checkbox"/></p> <p><u>DESSERT - CHOOSE 1</u></p> <p>1) Blueberry Lemon Cake <input type="checkbox"/></p> <p>2) Seasonal Fruit <input type="checkbox"/></p>

MONDAY	July 20, 2026	WEDNESDAY	July 22, 2026	FRIDAY	July 24, 2026
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Sweet & Sour Meatballs w/ Pineapple, Peppers & Corn	<input type="checkbox"/>	1) Broccoli & Cheddar Quiche w/ Corn	<input type="checkbox"/>	1) Ham w/ Honey Mustard Glaze & Creamed Corn	<input type="checkbox"/>
2) Turkey Dinner (no side)	<input type="checkbox"/>	2) Cabbage Roll Casserole (no side)	<input type="checkbox"/>	2) Chili Con Carne w/ Cornbread Muffin	<input type="checkbox"/>
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Chow Mein	<input type="checkbox"/>	1) Strawberries	<input type="checkbox"/>	1) Dirty Rice & Beans	<input type="checkbox"/>
2) Rice Pilaf	<input type="checkbox"/>	2) Tater Tots	<input type="checkbox"/>	2) Cheesy Scalloped Potato Hashbrowns	<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 Potato Leek Soup	<input type="checkbox"/>	1) Doukhobor Borscht	<input type="checkbox"/>	1) Creamy Broccoli & Cauliflower Soup	<input type="checkbox"/>
2) Caesar Salad	<input type="checkbox"/>	2) Greens & Italian Dressing w/ Croutons	<input type="checkbox"/>	2) Coleslaw w/ Sunflower Seeds	<input type="checkbox"/>
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Coconut Cookies	<input type="checkbox"/>	1) Strawberry Shortcake	<input type="checkbox"/>	1) Upside Down Apple Cake	<input type="checkbox"/>
2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>	2) Seasonal Fruit	<input type="checkbox"/>

MONDAY	July 27, 2026	WEDNESDAY	July 29, 2026	FRIDAY	July 31, 2026
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Chicken Pot Pie Stew	<input type="checkbox"/>	1) 1/4 Rotisserie Chicken w/ Mixed Vegetables	<input type="checkbox"/>	1) Spaghetti & Meat Sauce (no side)	<input type="checkbox"/>
2) Black Bean Quesadilla w/ Sour Cream & Salsa	<input type="checkbox"/>	2) Pepper Steak w/ Tomato Gravy & Button Mushrooms	<input type="checkbox"/>	2) Roast Pork w/ Hunter Mushroom Gravy & Braised Red Cabbage	<input type="checkbox"/>
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Cheesy Mashed Potatoes	<input type="checkbox"/>	1) Roasted Garlic Mashed Potatoes	<input type="checkbox"/>	1) Mashed Potatoes	<input type="checkbox"/>
2) Tater Tots & Green Onions	<input type="checkbox"/>	2) Herbed Spaghetti	<input type="checkbox"/>	2) Gnocchi w/ Butter & Chives	<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) Turkey Vegetable Soup	<input type="checkbox"/>	1) Creamy Mushroom Soup	<input type="checkbox"/>	1) Beet Borscht	<input type="checkbox"/>
2) Greens w/ Oil & Vinegar	<input type="checkbox"/>	2) Macaroni Salad	<input type="checkbox"/>	2) Caesar Salad	<input type="checkbox"/>
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Banana Bread	<input type="checkbox"/>	1) Brownie	<input type="checkbox"/>	1) Chocolate Chip Cookie	<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	4) Cream of Mushroom Soup	Soups are 500 ml
<i>Delivery with Fresh Meal</i>	2) Doukhobor Soup	5) Cheesy Broccoli & Cauliflower Soup	Call or email us to order!
	3) Lemon Chicken Orzo Soup	6) Cream of Tomato Soup	

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

- 5 week Menu JUNE 29, 2026 to JULY 31, 2026

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