

NAME: _____

MEALS ON WHEELS MENU 250-763-2424

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AUG 2026

MONDAY August 3, 2026	WEDNESDAY August 5, 2026	FRIDAY August 7, 2026
The Kitchen is CLOSED Labour Day - Holiday Monday - NO DELIVERY If you need meals for today, please call the office 250-763-2424	<u>ENTRÉE - CHOOSE 1</u> 1) 1/4 Roast Chicken & Green Beans ☐ 2) Spaghetti & Meat Sauce w/ Parmesan (no side) ☐ <u>SIDE - CHOOSE 1</u> 1) Boiled New Potatoes ☐ 2) Mashed Moroccan Spiced Yams ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Cheesy Broccoli Soup ☐ 2) Caesar Salad ☐ <u>DESSERT - CHOOSE 1</u> 1) Baked Apples & Caramel Sauce ☐ 2) Seasonal Fruit ☐	<u>ENTRÉE - CHOOSE 1</u> 1) Garlic Shrimp Tomato Scampi & Broccoli ☐ 2) Meatloaf & Mushroom Gravy w/ Carrots ☐ <u>SIDE - CHOOSE 1</u> 1) Basmati Rice ☐ 2) Mashed Potatoes ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Cream of Mushroom & Bacon Soup ☐ 2) Spinach & Berry Salad w/ Balsamic Dressing ☐ <u>DESSERT - CHOOSE 1</u> 1) Chocolate Brownie ☐ 2) Seasonal Fruit ☐
MONDAY August 10, 2026	WEDNESDAY August 12, 2026	FRIDAY August 14, 2026
<u>ENTRÉE - CHOOSE 1</u> 1) Roast Pork w/ Gravy & Braised Cabbage w/ Apple ☐ 2) Fried Fish, Mushy Peas & Tartar Sauce ☐ <u>SIDE - CHOOSE 1</u> 1) Butter Herbed Gnocchi & Chives ☐ 2) Fries ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) "Spring Chicken" Vegetable Soup ☐ 2) Ma's Potato Salad ☐ <u>DESSERT - CHOOSE 1</u> 1) Pistachio Pudding ☐ 2) Seasonal Fruit ☐	<u>ENTRÉE - CHOOSE 1</u> 1) Grilled Greek Chicken w/ Tomato Medley ☐ 2) Beef & Lentil Stuffed Eggplant w/ Garlic Mushroom ☐ <u>SIDE - CHOOSE 1</u> 1) Spanakopita ☐ 2) Spaghetti Marinara ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Roasted Red Pepper & Tomato Soup ☐ 2) Greens & Italian Dressing ☐ <u>DESSERT - CHOOSE 1</u> 1) Strawberry Short Cake ☐ 2) Seasonal Fruit ☐	<u>ENTRÉE - CHOOSE 1</u> 1) Mango Salsa Chicken w/ Corn on Cob ☐ 2) Homemade Perogies, Farmer Sausage & Onions (no side) ☐ <u>SIDE - CHOOSE 1</u> 1) 1/2 Baked Potato w/ Chives ☐ 2) Coconut Rice ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Doukhobor Borscht ☐ 2) Old School Pickled Cucumber & Onion Salad ☐ <u>DESSERT - CHOOSE 1</u> 1) Cinnamon Bun ☐ 2) Seasonal Fruit ☐
MONDAY August 17, 2026	WEDNESDAY August 19, 2026	FRIDAY August 21, 2026
<u>ENTRÉE - CHOOSE 1</u> 1) Turkey Stroganoff & Mushroom Meatballs w/ Carrots ☐ 2) Liver, Gravy with Bacon & Onion w/ Green Beans ☐ <u>SIDE - CHOOSE 1</u> 1) Mashed Potatoes ☐ 2) Egg Noodles ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Cream of Tomato Soup ☐ 2) Sweet Cucumber Salad (Sesame dressing) ☐ <u>DESSERT - CHOOSE 1</u> 1) Butter Tart ☐ 2) Seasonal Fruit ☐	<u>ENTRÉE - CHOOSE 1</u> 1) Chicken Salad Croissant & Carrot Sticks w/ Ranch ☐ 2) Stuffed Pepper w/ Corn ☐ <u>SIDE - CHOOSE 1</u> 1) Hashbrown Casserole ☐ 2) Barley Pilaf ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Beet Borscht ☐ 2) Seedy Raisin Salad w/ Coleslaw Dressing ☐ <u>DESSERT - CHOOSE 1</u> 1) Chocolate Cake ☐ 2) Seasonal Fruit ☐	<u>ENTRÉE - CHOOSE 1</u> 1) Beef Stew & Dumplings (no side) ☐ 2) Chicken Quesadilla w/ Black Bean Salad ☐ <u>SIDE - CHOOSE 1</u> 1) Tater Tots ☐ 2) Guacamole Tomato Relish ☐ <u>SOUP OR SALAD- CHOOSE 1</u> 1) Hobo Soup (Cabbage & Hamburger) ☐ 2) Caesar Salad ☐ <u>DESSERT - CHOOSE 1</u> 1) Blueberry Lemon Cake ☐ 2) Seasonal Fruit ☐

MONDAY	August 24, 2026	WEDNESDAY	August 26, 2026	FRIDAY	August 28, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Salisbury Steak w/ Gravy & Mushroom Medley	☐	1) Pork Chops & Asparagus	☐	1) Shepherd's Pie & Beef Gravy (no side)	☐
2) Chicken Fettuccini Alfredo (no side)	☐	2) Chicken Pot Pie Stew & Dumplings (no side)	☐	2) Bacon, Tomato, Cheddar Frittata w/ Baked Beans	☐
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Roasted Potatoes & Carrots	☐	1) Scalloped Potatoes w/ Cheddar	☐	1) Spanakopita	☐
2) Barley Pilaf	☐	2) Mushroom Fried Rice	☐	2) Hashbrown Casserole	☐
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Creamy Turkey Gnocchi Soup	☐	1) Mushroom, Bean & Barley Soup	☐	1) Chicken Vegetable Soup	☐
2) Greens & French Dressing	☐	2) Ma's Pasta Salad	☐	2) Greek Salad w/ Olives & Feta	☐
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Butter Tart	☐	1) Nanaimo Bar	☐	1) Jello Squares	☐
2) Seasonal Fruit	☐	2) Seasonal Fruit	☐	2) Seasonal Fruit	☐

Frozen Soup Menu : \$6		1) Hobo Soup	4) Cream of Mushroom Soup	Soups are 500 ml Call or email us to order!
<u>Delivery with Fresh Meal</u>		2) Doukhor 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 NOTE - There is NO DELIVERY on Monday August 3, 2026. - Please return MENU as soon as possible - at the latest by Friday, July 17th. 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!)