

MONDAYAugust 31, 2026		WEDNESDAYSeptember 2, 2026		FRIDAYSeptember 4, 2026	
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Porcupine Beef Meatballs & French Green Beans		1) Roast Pork w/ Gravy, Peas & Carrots		1) Greek Chicken & Garlicky Zucchini	
2) Chicken à la King Stew		2) Beef & Bean Chili Con Carne w/ Corn		2) Fettuccini Alfredo w/ Mushrooms (no side)	
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Mashed Potatoes		1) Rice Pilaf		1) Greek Lemon Potatoes	
2) Egg Noodles		2) Mashed Yams		2) Spanakopita	
<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		1) Beet Borscht		1) Minestrone Soup	
2) Greens & Thousand Island Dressing		2) Caesar Salad		2) Greek Salad w/ Feta & Olives	
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Rice Krispie Square		1) Butterscotch Pudding		1) Chocolate Cake	
2) Seasonal Fruit		2) Seasonal Fruit		2) Seasonal Fruit	
MONDAYSeptember 7, 2026		WEDNESDAYSeptember 9, 2026		FRIDAYSeptember 11, 2026	
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Beef & Mushroom Stroganoff over Egg Noodles (no side)		1) Teriyaki Chicken w/ Stir Fried Vegetables		1) Bacon & Tomato Quiche w/ Corn	
2) Pancakes, Bacon, Scrambled Eggs		2) Shepherd's Pie w/ Gravy (no side)		2) Turkey Dinner (no side)	
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Tater Tots		1) Chow Mein Noodles		1) Hashbrown Casserole	
2) Blueberry Compote		2) White Rice		2) Strawberries	
<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>	
1) Chicken Vegetable Soup		1) Roasted Red Pepper Soup		1) Doukhorbor Borscht	
2) Coleslaw		2) Sweet Sesame Cucumber Salad		2) Greens & French Dressing	
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Tuxedo Chocolate Cake		1) Cinnamon Bun		1) Pistachio Pudding	
2) Seasonal Fruit		2) Seasonal Fruit		2) Seasonal Fruit	
MONDAYSeptember 14, 2026		WEDNESDAYSeptember 16, 2026		FRIDAYSeptember 18, 2026	
<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>		<u>ENTRÉE - CHOOSE 1</u>	
1) Dilled Salmon w/ Peas		1) Meatloaf w/ Gravy, Mixed Vegetables		1) Mild Butter Chicken & Basmati Rice (no side)	
2) Pork Schnitzel w/ Hunter Sauce & Braised Red Cabbage		2) Shake & Bake Chicken Drumsticks & Creamed Corn		2) Pork Chop & Gravy w/ Green Beans	
<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>		<u>SIDE - CHOOSE 1</u>	
1) Rice Pilaf		1) Mashed Potato		1) Yams	
2) Dumplings w/ Butter & Chives		2) Egg Noodles		2) 1/2 Baked Potato	
<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>		<u>SOUP OR SALAD- CHOOSE 1</u>	
1) Vegetable Soup		1) Cheesy Broccoli & Cauliflower Soup		1) Mushroom, Bean & Barley Soup	
2) Caesar Salad		2) Seedy Salad		2) Apple Coleslaw	
<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>		<u>DESSERT - CHOOSE 1</u>	
1) Strawberry Shortcake		1) Jello Squares		1) Banana Bread	
2) Seasonal fruit		2) Seasonal Fruit		2) Seasonal Fruit	

MONDAY	September 21, 2026	WEDNESDAY	September 23, 2026	FRIDAY	September 25, 2026
ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1		ENTRÉE - CHOOSE 1	
1) Italian Turkey Meatballs w/ Mixed Vegetables	☐	1) 1/4 Rotisserie Chicken w/ Beets	☐	1) Salisbury Steak, Gravy & Mushrooms	☐
2) Broccoli & Cheddar Frittata w/ Corn	☐	2) Lentil Parmesan Zucchini Boat w/ Mushrooms	☐	2) Fried Fish w/ Mushy Peas & Tartar Sauce	☐
SIDE - CHOOSE 1		SIDE - CHOOSE 1		SIDE - CHOOSE 1	
1) Ratatouille (Tomato, Pepper & Eggplant Stew)	☐	1) Roasted Potatoes & Carrots	☐	1) Garlic Mashed Potato	☐
2) Pan Fried Hashbrowns	☐	2) Barley Pilaf	☐	2) Fries	☐
SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1		SOUP OR SALAD- CHOOSE 1	
1) Creamy Turkey Gnocchi Soup	☐	1) Hobo Soup (Cabbage & Hamburger)	☐	1) Roasted Root Soup	☐
2) Greens & Creamy Cucumber Dressing	☐	2) Greens w/ Oil & Vinegar	☐	2) Caesar Salad	☐
DESSERT - CHOOSE 1		DESSERT - CHOOSE 1		DESSERT - CHOOSE 1	
1) Butter Tart	☐	1) White Chocolate Macadamia Nut Cookie	☐	1) Upside Down Pineapple Cake	☐
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	
2) Doukhobor Soup	5) Cheesy Broccoli & Cauliflower Soup	Call or email us to order!	
3) Lemon Chicken Orzo Soup	6) Cream of Tomato Soup		

MENU NOTES:	\$13.00 / Meal	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 come back with no name. - Please return MENU as soon as possible - at the latest by <u>Monday, August 17th</u>. 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, 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!)

