NAME: _____ MEALS ON WHEELS MENU 250-763-2424 info@mow-online.com OCT 2026

MONDAY September 28, 2026

ENTRÉE - CHOOSE 1
1) Spaghetti & Meat Sauce (no side)
2) French Toast, Bacon, Hard Boiled Eggs

SIDE - CHOOSE 1
1) Hashbrown Casserole
2) Strawberry Compote

SOUP OR SALAD- CHOOSE 1
1) Creamy Tomato Soup
2) Greens & Italian Dressing

DESSERT - CHOOSE 1
1) Rice Krispie Square
2) Seasonal Fruit

WEDNESDAY September 30, 2026

ENTRÉE - CHOOSE 1
1) Pork Roast w/ Gravy & Mixed Vegetables
2) Fried Fish w/ Mushy Peas & Tartar Sauce

SIDE - CHOOSE 1
1) Yams
2) Fries

SOUP OR SALAD- CHOOSE 1
1) Beet Borscht
2) Cucumber & Sesame Dressing Salad

DESSERT - CHOOSE 1
1) Jello Squares & Whipped Cream
2) Seasonal Fruit

FRIDAY October 2, 2026

ENTRÉE - CHOOSE 1
1) Turkey w/ Gravy & Dilled Rutabagas & Carrots
2) Stuffed Zucchini Lentil Boat w/ Corn

SIDE - CHOOSE 1
1) Mashed Potatoes
2) Fried Garlic Butter Mushrooms & Onions

SOUP OR SALAD- CHOOSE 1
1) Doukhobor Borscht
2) Caesar Salad

DESSERT - CHOOSE 1
1) Chocolate Cake
2) Seasonal Fruit

MONDAY October 5, 2026

ENTRÉE - CHOOSE 1
1) BBQ Roast 1/4 Chicken & Stewed Tomatoes
2) Pork Chops w/ Peas

SIDE - CHOOSE 1
1) Boiled New Potatoes w/ Chives & Butter
2) Mac & Cheese

SOUP OR SALAD- CHOOSE 1
1) Turkey Vegetable Soup
2) Coleslaw

DESSERT - CHOOSE 1
1) Butterscotch Pudding
2) Seasonal Fruit

WEDNESDAY October 7, 2026

ENTRÉE - CHOOSE 1
1) Teriyaki Chicken w/ Stir-fried Vegetables
2) Chili Con Carne w/ Corn

SIDE - CHOOSE 1
1) Roasted Mildly Spiced Jalapeno Potatoes
2) Basmati Rice

SOUP OR SALAD- CHOOSE 1
1) Hobo Soup (Cabbage & Hamburger Soup)
2) Greek Pasta Salad

DESSERT - CHOOSE 1
1) Brownie
2) Seasonal Fruit

FRIDAY October 9, 2026

ENTRÉE - CHOOSE 1
1) Bacon & Mushroom Fettuccini Alfredo (no side)
2) Dilled Salmon w/ Mixed Vegetables

SIDE - CHOOSE 1
1) Fried Rice w/ Egg
2) Egg Noodles

SOUP OR SALAD- CHOOSE 1
1) Cream of Broccoli Soup
2) Spinach Salad w/ Poppyseed Dressing

DESSERT - CHOOSE 1
1) Oatmeal Raisin Cookie
2) Seasonal Fruit

MONDAY October 12, 2026

Happy Thanksgiving!

The Kitchen is Closed. Please call the office if you require Meal(s) for today.

250-763-2424

WEDNESDAY October 14, 2026

ENTRÉE - CHOOSE 1
1) Bubble & Squeak (Sausage & Fried Cabbage w/ Apple)
2) Chicken Pot Pie Stew & Biscuit

SIDE - CHOOSE 1
1) Mashed Potatoes
2) Gnocchi Dumplings

1) Roasted Red Pepper Soup
2) Caesar Salad

DESSERT - CHOOSE 1
1) Chocolate Chip Cookie
2) Seasonal Fruit

FRIDAY October 16, 2026

ENTRÉE - CHOOSE 1
1) Beef & Mushroom Stroganoff w/ Egg Noodles (no side)
2) Broccoli Cheddar Fritatta w/ Baby Tomatoes

SIDE - CHOOSE 1
1) Baked Beans
2) Hashbrown Casserole

SOUP OR SALAD- CHOOSE 1
1) Chicken Vegetable Soup
2) Greens & Croutons w/ Ranch Dressing

DESSERT - CHOOSE 1
1) Butter Tart
2) Seasonal Fruit

MONDAY October 19, 2026	WEDNESDAY October 21, 2026	FRIDAY October 23, 2026
ENTRÉE - CHOOSE 1	**ENTRÉE - CHOOSE 1**	**ENTRÉE - CHOOSE 1**
1) Salisbury Steak, Mushroom Gravy & Green Bean	1) Honey Ham & Stewed Tomatoes	1) Ham & Swiss Croissant w/ Mustard & Cucumber Sticks
2) Mild Butter Chicken & Broccoli	2) Homemade Hamburger Helper (no side)	2) Italian Tomato Turkey Meatballs w/ Zucchini
SIDE - CHOOSE 1	**SIDE - CHOOSE 1**	**SIDE - CHOOSE 1**
1) Mashed Potatoes	1) Baked Beans	1) Quinoa
2) Rice	2) Cheesy Scalloped Potatoes	2) Parmesan Gnocchi Dumplings
SOUP OR SALAD- CHOOSE 1	**SOUP OR SALAD- CHOOSE 1**	**SOUP OR SALAD- CHOOSE 1**
1) Yam & Red Lentil Soup	1) Creamy Turkey Gnocchi Soup	1) Minestrone Soup
2) Seedy Salad w/ Dressing	2) Greens & Italian Dressing	2) Potato Salad
DESSERT - CHOOSE 1	**DESSERT - CHOOSE 1**	**DESSERT - CHOOSE 1**
1) Nanaimo Bar	1) Caramel Cake	1) Chocolate Banana Pudding
2) Seasonal Fruit	2) Seasonal Fruit	2) Seasonal Fruit

MONDAY October 26, 2026	WEDNESDAY October 28, 2026	FRIDAY October 30, 2026
ENTRÉE - CHOOSE 1	**ENTRÉE - CHOOSE 1**	**ENTRÉE - CHOOSE 1**
1) Lasagna (no side)	1) Shepherd's Pie & Gravy (no side)	1) Shake & Bake Drumsticks w/ Creamed Corn
2) Greek Chicken w/ Carrots	2) Sweet & Sour Pineapple Chicken w/ Peppers	2) Liver, Gravy, Bacon & Onions w/ Peas
SIDE - CHOOSE 1	**SIDE - CHOOSE 1**	**SIDE - CHOOSE 1**
1) Lemon Potatoes	1) Rice	1) Mashed Potatoes
2) Spanakopita	2) Chow Mein Noodles	2) Barley Pilaf
SOUP OR SALAD- CHOOSE 1	**SOUP OR SALAD- CHOOSE 1**	**SOUP OR SALAD- CHOOSE 1**
1) Creamy Mushroom & Thyme Soup	1) Creamy Tomato Macaroni Soup	1) Beet Borscht
2) Greek Salad w/ Olives	2) Cucumber Sesame Salad	2) Quinoa Salad
DESSERT - CHOOSE 1	**DESSERT - CHOOSE 1**	**DESSERT - CHOOSE 1**
1) Baked Apple	1) Cinnamon Bun	1) Lemon Tart
2) Seasonal Fruit	2) Seasonal Fruit	2) Seasonal Fruit

Frozen Soup Menu : $6

Delivery with Fresh Meal

1) Hobo Soup
2) Doukhobor Soup
3) Lemon Chicken Orzo Soup
4) Cream of Mushroom Soup
5) Cheesy Broccoli & Cauliflower Soup
6) Cream of Tomato Soup

Soups are 500 ml

Call or email us to order!

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 back with no name.

- Please return MENU as soon as possible - at the latest by Monday, September 14th (existing clients). 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).