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

MONDAY November 2, 2026

ENTRÉE - CHOOSE 1
1) Shrimp Tomato Scampi & Corn
2) Greek Lemon Roasted Chicken & Peas

SIDE - CHOOSE 1
1) Greeek Lemon Potatoes
2) Spanakopita

SOUP OR SALAD- CHOOSE 1
1) Cream of Mushroom Soup
2) Greens & Italian Dressing

DESSERT - CHOOSE 1
1) Brownie
2) Seasonal Fruit

WEDNESDAY November 4, 2026

ENTRÉE - CHOOSE 1
1) Roasted Pork, Gravy & Green Beans
2) Spaghetti & Meat Sauce w/ Parmesan (no side)

SIDE - CHOOSE 1
1) Boiled New Potatoes
2) Mashed Yams

SOUP OR SALAD- CHOOSE 1
1) Cheesy Broccoli & Cauliflower Soup
2) Caesar Salad

DESSERT - CHOOSE 1
1) Cinnamon Bun
2) Seasonal Fruit

FRIDAY November 6, 2026

ENTRÉE - CHOOSE 1
1) Teriyaki Chicken Breast & Stir Fried Snap Peas
2) Pancakes, Bacon, Boiled Egg, Hashbrowns (no side)

SIDE - CHOOSE 1
1) White Rice
2) Chow Mein Noodles

SOUP OR SALAD- CHOOSE 1
1) Cream of Tomato Soup
2) Greek Pasta Salad

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

MONDAY November 9, 2026

ENTRÉE - CHOOSE 1
1) Sweet & Sour Pineapple Chicken /w Broccoli
2) Pork Chops, Gravy and Mixed Vegetables

SIDE - CHOOSE 1
1) Roasted Potatoes
2) Fried Rice

SOUP OR SALAD- CHOOSE 1
1) Chicken Noodle Soup
2) Apple Coleslaw

DESSERT - CHOOSE 1
1) Berry Shortcake
2) Seasonal Fruit

WEDNESDAY November 11, 2026

ENTRÉE - CHOOSE 1
1) Beef Stroganoff & Egg Noodles w/ Sour Cream & Chives (no side)
2) Ratatouille (Tomato & Eggplant Stew) w/ Corn

SIDE - CHOOSE 1
1) Gnocchi
2) Chickpea Medley

SOUP OR SALAD- CHOOSE 1
1) Roasted Red Pepper Soup
2) Seedy Salad w/ Sesame Dressing

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

FRIDAY November 13, 2026

ENTRÉE - CHOOSE 1
1) Meatloaf, Gravy & Harvard Beets
2) 'Shake & Bake' Chicken Drumsticks & Creamed Corn

SIDE - CHOOSE 1
1) Mashed Potato
2) Quinoa

SOUP OR SALAD- CHOOSE 1
1) Doukhobor Borscht
2) Greens & French Dressing

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

MONDAY November 16, 2026

ENTRÉE - CHOOSE 1
1) Ham & Swiss Croissant w/ Baby Tomatoes
2) 1/4 Baked Chicken & Green Beans

SIDE - CHOOSE 1
1) Mashed Yams
2) Cheesy Hashbrown Casserole

SOUP OR SALAD- CHOOSE 1
1) Vegetable Soup
2) Sweet Cucumber Salad (Poppyseed Dressing)

DESSERT - CHOOSE 1
1) Chocolate Pudding w/ Banana
2) Seasonal Fruit

WEDNESDAY November 18, 2026

ENTRÉE - CHOOSE 1
1) Italian Turkey Meatballs & Mixed Vegetables
2) Bubble & Squeak (Sausage & Fried Cabbage)

SIDE - CHOOSE 1
1) Pan Fried Potatoes
2) Rice

SOUP OR SALAD- CHOOSE 1
1) Creamy Corn Chowder & Bacon
2) Greens & Balsamic Sundried Tomato Dressing

DESSERT - CHOOSE 1
1) Jello Squares
2) Seasonal Fruit

FRIDAY November 20, 2026

1) Dill & Lemon Salmon w/ Peas
2) Chicken Alfredo Fettuccini (no side)

SIDE - CHOOSE 1
1) Roasted Potatoes
2) Basmati Rice

SOUP OR SALAD- CHOOSE 1
1) Lemon Chicken Orzo Soup
2) Caesar Salad

DESSERT - CHOOSE 1
1) Banana Bread
2) Seasonal Fruit

MONDAY November 23, 2026		WEDNESDAY November 25, 2026		FRIDAY November 27, 2026	
ENTRÉE - CHOOSE 1		**ENTRÉE - CHOOSE 1**		**ENTRÉE - CHOOSE 1**	
1) Fish Sticks & Tartar Sauce w/ Peas		1) Italian Tomato Chicken Bake & Zucchini		1) Salisbury Steak, Gravy & Mushrooms	
2) Bacon, Mushroom, Cheddar Quiche & Corn		2) Shepherd's Pie, Gravy & Peas (no side)		2) Roasted Pork, Gravy & Mixed Vegetables	
SIDE - CHOOSE 1		**SIDE - CHOOSE 1**		**SIDE - CHOOSE 1**	
1) Veggie Sticks		1) Herbed Spaghetti		1) Roasted Garlic Mashed Potato	
2) Crispy Potato Wedges		2) Fried Rice		2) Bowtie Pasta	
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) Doukhobor Borscht	
2) Greens & Dill Ranch		2) Coleslaw		2) Greens w/ Croutons & Italian Dressing	
DESSERT - CHOOSE 1		**DESSERT - CHOOSE 1**		**DESSERT - CHOOSE 1**	
1) Butter Tart		1) Nanaimo Bar		1) Short Bread	
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 Friday, October 16th (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).