



Name: \_\_\_\_\_  
 Tel: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Route #: \_\_\_\_\_

For more information please visit our website  
[www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com) or  
 call Meals on Wheels at 604-870-3764.

## August, 2010 Meals On Wheels Hot Meal Menu

Aug 2-Aug 6	Monday-2nd <sup>TH</sup>	Tuesday-3rd	Wednesday-4th	Thursday-5th	Friday-6th
Main Course	<b>No Delivery Frozen Meal Sent on July 30th</b>	<b>Chicken Caesar Wrap</b>	<b>Thai Chicken Rice</b>	<b>Chinese Food- Chow Mein, SS Pork, Amond Chicken</b>	<b>Salisbury Steak</b>
Soup		Cream of Broccoli	Italian Sausage	Daily Soup Creation	Sausage Gumbo
Dessert		Chocolate Pudding	Dessert Creation	Fresh Cut Fruit	Tapioca Pudding
Aug 9-Aug 13	Monday-9	Tuesday-10	Wednesday-11	Thursday-12	Friday-13
Main Course	<b>Penne with Chicken Curry</b>	<b>Teriyaki Beef Rice Wrap</b>	<b>Meat Loaf</b>	<b>Baked Lasagna</b>	<b>Tuna Melt</b>
Soup	Daily Soup Creation	Vegetable & Pasta Shells	Ham Lentil	Daily Soup Creation	Hamburger Noodle
Dessert	Dessert Creation	Jello Delight	Yogurt & Fruit	Dessert Creation	Brownies
Aug 16-Aug 20	Monday-16	Tuesday-17	Wednesday-18	Thursday-19	Friday-20
Main Course	<b>Tuna Casserole</b>	<b>Seafood Salad &amp; Bread</b>	<b>Denver Sandwich</b>	<b>Sweet Chili Chicken on Rice</b>	<b>Veal Cutlets</b>
Soup	Daily Soup Creation	Cream of Leek	Daily Soup Creation	Wonton	Beef Barley
Dessert	Dessert Creation	Homemade Cookies	Assorted Cakes	Dessert Creation	Banana Bread
Aug 23-Aug 27	Monday-23	Tuesday-24	Wednesday-25	Thursday-26	Friday- 27
Main Course	<b>Chicken Parmesan</b>	<b>Eggs Benedict</b>	<b>Baked Ham Dinner</b>	<b>Monte Cristo</b>	<b>BBQ Steak</b>
Soup	Daily Soup Creation	Chicken Tomato	Borscht	Daily Soup Creation	French Onion
Dessert	Dessert Creation	Carrot Cake	Bread Pudding	Dessert Creation	Rice Pudding
Aug 30-Aug 31	Monday 30	Tuesday-31			
Main Course	<b>Ham Scrambled Egg Cheese Burrito</b>	<b>Shepherd's Pie</b>			
Soup	Daily Soup Creation	Vegetable			
Dessert	Dessert Creation	Vanilla Pudding			

**DELIVERY: Monday – Friday**

**TIME: 10:15 – 12:15      COST: \$6.00/Meal**

**\*\*Meals can be ordered or cancelled by 9:00a.m. the day before delivery**

**\*\*Cobbs Bread with Thursday delivery**

**\*\*Fruit Juice with Friday delivery**

Meals Provided By:





Name: \_\_\_\_\_  
Tel: \_\_\_\_\_  
Address: \_\_\_\_\_  
Route #: \_\_\_\_\_

For more information please visit our website  
[www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com) or  
call Meals on Wheels at 604-870-3764.

## 2010 MEALS ON WHEELS FROZEN MEAL MENU

<u>Full Dinner Entrees</u>
<b>Roast Pork Dinner</b> Roast Pork with gravy, mashed potatoes and Squash
<b>Home Style Meatloaf Dinner</b> Meatloaf/pan gravy, mashed potatoes and Peas
<b>Roast Chicken and Stuffing Dinner</b> Roast Dark chicken with gravy, mashed potatoes and Carrots
<b>Roast Turkey and Stuffing Dinner</b> Roasted turkey with stuffing and gravy, mashed potatoes and French Cut Green Beans
<b>Baked Herb Buttered Fish with Vegetables and Potatoes</b>
<b>Baked Ham and Pineapple Dinner</b> Baked ham with pineapple sauce, scalloped potatoes and mixed vegetables
<b>Grilled Salmon Steak</b> With roast potatoes and carrots
<b>Pot Roast Beef Dinner</b> Roast Beef and gravy, mashed potatoes, carrots and turnips
<b>Pork Sausage Dinner</b> Pork sausage with gravy, mashed potatoes and mixed vegetables
<b>Salisbury Steak</b> With potatoes and mixed vegetables
<u>Casseroles (1 pound each)</u>
<b>Shepherd's Pie</b>
<b>Creamy Macaroni and Cheese</b>
<b>Beef Lasagna</b>
<b>Chicken Pot Pie</b>

**COST: \$6.00/Meal**

**Delivery:** Every Wednesday, or pick-up is available.

Frozen Meals provided by:  
**Mae's Elite Foods and Catering**