



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.

**July, 2010**  
**Meals On Wheels**  
**Hot Meal Menu**

<b>June 28-July 2</b>	<b>Monday-28th<sup>TH</sup></b>	<b>Tuesday-29th</b>	<b>Wednesday-30</b>	<b>Thursday-1</b>	<b>Friday-2</b>
Main Course				<b>No Delivery Frozen Meal on Sent June 30th</b>	<b>No Delivery Frozen Meal on Sent June 30th</b>
Soup					
Dessert					
<b>July 5 -July 9</b>	<b>Monday-5</b>	<b>Tuesday-6</b>	<b>Wednesday-7</b>	<b>Thursday-8</b>	<b>Friday-9</b>
Main Course	Seafood Fetticini	Ham Cheese/Egg Croissant & Scallop Potatoes	Hot Turkey Sandwich	Spaghetti w/meatballs	Chicken Strips
Soup	Daily Soup Creation	Tomato & Oregano	Borscht	Daily Soup Creation	Split Pea and Ham
Dessert	Apple Pie	Dessert Creation	Pudding Delight	Jello	Dessert Creation
<b>July 12-July 16</b>	<b>Monday-12</b>	<b>Tuesday-13</b>	<b>Wednesday-14</b>	<b>Thursday-15</b>	<b>Friday-16</b>
Main Course	Beef Dip	Taco Wrap	Curry Chicken	Chinese Food: Chow Mein, SS Pork, Almond Chicken	Pork Chop & Tomato w/rice
Soup	Daily Soup Creation	Beef Vegetable	Daily Soup Creation	Wonton Soup	Chicken Noodle
Dessert	Bread Pudding	Dessert Creation	Rice Pudding	Dessert Creation	Carrot Cake
<b>July 19-July 23</b>	<b>Monday-19</b>	<b>Tuesday-20</b>	<b>Wednesday-21</b>	<b>Thursday-22</b>	<b>Friday-23</b>
Main Course	Ham&Cheese Omelette Shredded Hash	Patty Melt	Ravioli	Grilled Reuben	BBQ Steak
Soup	Daily Soup Creation	Vegetable Soup	Borscht	Daily Soup Creation	Cream of Corn
Dessert	Muffins	Dessert Creation	Jello Delight	Dessert Creation	Assorted Tarts
<b>July 26-July 30</b>	<b>Monday-26</b>	<b>Tuesday-27</b>	<b>Wednesday-28</b>	<b>Thursday-29</b>	<b>Friday-30</b>
Main Course	Teriyaki Chicken Rice Wrap	Corn Beef Sandwich	Perogies w/Farmer Sausage&Sour Cream	Hot Beef Sandwich w/Gravy	Fish & Potatoes
Soup	Daily Soup Creation	Cream of Mushroom	Beef Barley	Daily Soup Creation	Beef Noodle
Dessert	Dessert Creation	Fresh Fruit	Dessert Creation	Banana Bread	Seasonal Fruit

**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:**





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## 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**