



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

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

## July 2018 Meals On Wheels - Hot Meal Menu

June 4 – 7	Monday – 2	Tuesday – 3	Wednesday – 4	Thursday – 5 <i>Mama Michelle</i>
Main Course	FROZEN MEAL DELIVERED June 27 <sup>th</sup> NO DELIVERY STAT HOLIDAY	<b>Teriyaki Chicken</b>	<b>Salisbury Steak</b>	<b>Chicken Lasagna Rollup</b>
		Vegetable	Turkey Rice	Vegetarian Chilli
June 11 – 14	Monday – 9	Tuesday – 10	Wednesday – 11	Thursday – 12 <i>Mama Michelle</i>
Main Course	<b>BBQ Ribs</b>	<b>Macaroni Beef &amp; Tomato Casserole</b>	<b>Tuna Salad Plate</b>	<b>Shepherd's Pie</b>
Soup	Beef Barley	Ham & Vegetable	Lentil	Beef Stew
June 18 – 21	Monday – 16	Tuesday – 17	Wednesday – 18	Thursday – 19 <i>Mama Michelle</i>
Main Course	<b>Spaghetti &amp; Meatsauce</b>	<b>Pork Sausage</b>	<b>Roast Beef</b>	<b>Meatloaf &amp; Scallop Potatoes</b>
Soup	Pea	Beef noodle	Cream of Tomato	Cream of Mushroom
June 25 – 28	Monday – 23	Tuesday – 24	Wednesday – 25	Thursday – 26 <i>Mama Michelle</i>
Main Course	<b>Lemon Herb Sole</b>	<b>Fruit Salad Plate</b>	<b>Chicken Stew &amp; Dumpling</b>	<b>Mac &amp; Cheese with Bacon &amp; mild Chorizo</b>
Soup	Vegetable	Chicken Noodle	Beef Barley	Cream of Potato & Bacon
June 30 – 2	Monday – 30	Tuesday – 31		
Main Course	<b>Swedish Meatballs</b>	<b>Roast Pork Loin</b>		
Soup	Turkey Rice	Cream of Tomato		

**\*\*48 hours notice for ordering fresh meals**

**\*\*Monday orders must be placed or cancelled**

**Delivery Monday to Thursday  
 9:45 a.m. to 12:15 p.m.**

Meals Provided by:

Cost: \$8.00



Sponsored in Part by



United Way  
Lower Mainland



Name: \_\_\_\_\_  
 Tel: \_\_\_\_\_  
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## 2018 MEALS ON WHEELS – FROZEN MEAL MENU

<b>Full Dinner Entrées \$8 Each</b>		
1. <u>Roast Pork Loin Dinner</u> - Tender roast pork with gravy, mashed potatoes & peas.		
2. <u>Braised Pork Steak Dinner</u> – Pork steak slow simmered in mushroom sauce with parsley potatoes & mixed veg.		
3. <u>Pork Sausage Dinner</u> – Jumbo size pork sausages with gravy, mashed potatoes & yellow beans.		
4. <u>Baked Ham &amp; Pineapple Dinner</u> – Baked ham & pineapple sauce, scalloped potatoes & carrots.		
5. <u>Roast Beef Dinner</u> – Roasted beef with mashed potatoes, gravy & mixed vegetables.		
6. <u>Salisbury Steak Dinner</u> – Salisbury steak with mashed potatoes, gravy & carrots.		
7. <u>Tortiere Meat Pie Dinner</u> – French Canadian meat pie with mashed potatoes & green beans.		
8. <u>Beef Sausage Dinner</u> – Jumbo beef sausages with mashed potatoes, gravy & peas.		
9. <u>Roast Chicken Dinner</u> – Roasted dark chicken with mashed potatoes, gravy & carrots.		
10. <u>Oven Baked Chicken Breast</u> - Chicken breast with mashed potatoes, gravy & peas/carrots.		
11. <u>Chicken Cordon Bleu</u> – Stuffed chicken breast with mashed potatoes, gravy & corn.		
12. <u>Lemon Herb Breaded Sole Fillet</u> – Baked sole with rice pilaf & carrots.		
13. <u>Baked Tilapia</u> – Baked whitefish with rice pilaf & mixed vegetables.		
14. <u>Grilled Salmon Dinner</u> – Salmon steak with rice pilaf & peas.		
<b>Casseroles ( 1 pound each) \$8 Each</b>		
1. <u>Ground Beef Stroganoff</u>	2. <u>Swedish Meatballs</u>	3. <u>Shepherd's Pie</u>
4. <u>Chili Con Carne</u>	5. <u>Spaghetti &amp; Meat Sauce</u>	6. <u>Macaroni Beef &amp; Tomato</u>
7. <u>Beef Pot Pie</u>	8. <u>Beef Stew</u>	9. <u>Beef Lasagne</u>
10. <u>Beef Potato &amp; Gravy Bowl</u>	11. <u>Turkey Potato and Gravy Bowl</u>	12. <u>Chicken A La King</u>
13. <u>Chicken &amp; Broccoli Casserole</u>	14. <u>Chicken Stew and Dumplings</u>	15. <u>Chicken Pot Pie</u>
16. <u>Sweet &amp; Sour Pork</u>	17. <u>Chicken Chow Mein</u>	18. <u>Creamy Macaroni &amp; Cheese</u>
19. <u>Pepper Steak</u> <b>New!</b>	20. <u>Ginger Beef</u> <b>New!</b>	21. <u>Teriyaki Chicken Bowl</u> <b>New!</b>
<b>Soups ( 500 ml each) \$3.25 Each</b>		
1. <u>Beef Barley with Vegetables</u>	2. <u>Corn Chowder</u>	3. <u>Cream of Broccoli</u>
4. <u>Chicken noodle</u>	5. <u>Split Pea and Ham</u>	6. <u>Borscht</u>
7. <u>Garden Fresh Vegetable</u>	8. <u>Cream of Tomato</u>	
<b>Desserts \$3.25 Each</b>		
1. <u>Apple Crisp</u>	2. <u>Blueberry Muffin</u>	3. <u>Apple Oatmeal Muffin</u>
4. <u>Orange Creamsicle Cake</u>	5. <u>Morning Glory Muffin</u>	6. <u>Assorted Cookies</u>
7. <u>Bran Muffin</u>		
<b>Diabetic desserts \$3.25 Each</b>		
1. <u>Apple Crisp</u>		

**COST:** \$8.00/ Meal     \$3.25/soup

**Delivery:** Every Wednesday & Thursday, or pick-up.

*Please Give 3 Days' Notice*