

# July 2021



**ANY CHANGES or CANCELLATIONS must be made 48 hours before your meal delivery.**  
**Please call the office at 519-660-1430**

Sunday (delivered Friday)	Monday	Tuesday (delivered Monday)	Wednesday	Thursday (delivered Wednesday)	Friday	Saturday (delivered Friday)
27 Cheesy Beef Macaroni	28 Roasted Chicken with Gravy	29 Cold Plate Southwest Chicken Salad	30 Cheese Manicotti	1 Cold Plate Salami and Provolone Pinwheels	2 Beef Taco Bake	3 Breaded Sole
4 Fajita Beef	5 Spaghetti with Meat Sauce	6 Cold Plate Tuna Salad	7 Texas BBQ Pulled Beef	8 Cold Plate Chicken Souvlaki	9 Butter Chicken	10 Sweet Chili Basa
11 Sweet Potato Chili	12 Sweet & Sour Chicken Meatballs	13 Cold Plate Turkey Salad	14 Roast Beef	15 Cold Plate Ham Salad	16 Mango Chicken Curry	17 Pesto Crusted Salmon
18 BBQ Beef Ribbette	19 Salisbury Steak	20 Cold Plate Chicken Salad	21 BBQ Chicken	22 Cold Plate Salmon Salad	23 Turkey Pot Pie	24 Baked Cod with Red Pepper Sauce
25 Cabbage Rolls	26 Baked Ham with Dijon Gravy	27 Cold Plate Egg Salad	28 Roasted Pepper and Cheddar Quiche	29 Cold Plate Salmon Cream Cheese Pinwheels	30 Butter Chicken	31 Multigrain Tilapia

**IMPORTANT NOTE: Due to the Civic Day Holiday we will be closed on Monday, August 2. Our office will be closed and there will be no daily meal delivery that day. To order an extra meal for that day please call the office before Wednesday, July 28.**

# Meals on Wheels London

OFFICE HOURS: Monday – Friday 8:30am – 4:30pm

519-660-1430

www.mowl.ca

info@mowl.ca



## Wheels for Wellness Transportation Service

Our Wheels for Wellness Transportation service has resumed with some slight modifications due to Covid-19. We are once again taking clients to wellness related appointments, including Covid-19 vaccination clinics, Monday – Friday from 10:00am – 4:00pm.

For more information about our transportation service, please call 519-660-1430 and press 2.

Thank you for your continued support of Meals on Wheels London and Wheels for Wellness.

## Coming Soon...New Daily Meals

We are looking forward to trying a few more new meal options in July. We love to hear your feedback on any of our meals by calling 519-660-1430.

Some of the new foods to look forward to include:

- Ham salad – cold plate
- Fajita beef
- Sweet & sour meatballs
- Mango chicken curry
- Texas BBQ pulled beef
- Strawberry pudding
- Tiramisu mousse
- Banana pudding
- Fruit salad
- PEI blend vegetables

Did you know that your daily meals are made here in London at the Youth Opportunities Unlimited Café? Our partnership with YOU Café helps youth build culinary and life skills while gaining confidence and independence.

## REMINDERS...

### Summer Office Hours

From July 2 until September 3 our office hours will be as follows:

Monday – Thursday

8:30am – 4:30pm

(office building open until 3:00pm and staff available by telephone until 4:30pm)

Friday

8:30am – 2:00pm

Our office will be closed on Thursday, July 1 for the Canada Day holiday.

We will also be closed on Monday, August 2 for the Civic Holiday.

If you need to order a meal to cover this day, please call the office before Wednesday,

July 28

Thank you!

## Heating your Daily Meals

The meal container is suited for both the oven and microwave.

**Warning:** Containers are **not safe** to use in toaster ovens.

**MICROWAVE:** Do not remove the film before heating. Heating directions for the microwave are listed on the label of each meal.

**OVEN:** Do not remove the film on your meal before heating. We suggest heating your meal on a cookie tray in the oven at 350 degrees Fahrenheit for approximately 30-40 minutes.