

October 2022



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)
2 Roast Chicken with Gravy	3 Hot Hamburger	4 Cold Plate Southwest Chicken Salad	5 Vegetable Pot Pie	6 Cold Plate Salmon Cream Cheese Pinwheels	7 Meatloaf	8 Sole with Lemon Butter Sauce
9 Baked Ham	10 NO MEAL AVAILABLE (office closed)	11 Cold Plate Ham Salad/ Broccoli Salad	12 Roast Beef	13 Cold Plate Turkey Salad/ Mango Orzo Salad	14 Chicken Pot Pie	15 Asian Glazed Salmon
16 Cabbage Rolls	17 Swedish Meatballs	18 Cold Plate Egg Salad/ Carrot & Raisin Salad	19 Roast Turkey	20 Cold Plate Tuna Salad/ Oil & Vinegar Coleslaw	21 Moroccan Vegetable Stew	22 Salmon Patty with Dill Sauce
23 Chicken Cacciatore	24 Pepper Steak	25 Cold Plate Chicken Souvlaki/ Greek Salad	26 Beef Chili	27 Cold Plate Chicken Salad/ Red Pepper Hummus	28 Ham with Apple Cider Gravy	29 Multigrain Tilapia
30 Broccoli & Cheddar Quiche	31 Salisbury Steak	1 Cold Plate Taco Pasta Salad	2 Spaghetti with Meat Sauce	3 Cold Plate Vegetable Pinwheels/ Tuscan bean salad	4 Chicken with Lemon Pepper Cream Sauce	5 Tuna Casserole

IMPORTANT NOTE: Daily meals can be ordered by calling 519-660-1430 and pressing "1" or visiting the Meals on Wheels website here <https://www.mealsonwheelslondon.ca/daily-meal-order-form>

