

FEBRUARY 2025



ANY CHANGES or CANCELLATIONS must be made 2 business days before your meal delivery.
Please call the office at 519-660-1430

Sunday (delivered Friday)	Monday Delivery between 11:00-1:30	Tuesday (delivered Monday)	Wednesday Delivery between 11:00-1:30	Thursday (delivered Wednesday)	Friday Delivery between 11:00-1:30	Saturday (delivered Friday)
26 Salisbury Steak	27 Meatloaf	28 Cold Plate Turkey Salad/Orzo Salad	29 Hamburger with Bun	30 Cold Plate Devilled Eggs/ Macaroni Salad	31 Roast Turkey Dinner	1 Lemon Dill Baked Salmon
2 Chicken With Chalet Sauce	3 Hawaiian BBQ Chicken	4 Cold Plate Taco Salad/ Corn Salad	5 Sloppy Joe Bake	6 Cold Plate Tuna Salad/ Coleslaw	7 Country Chicken Skillet	8 Fish Cakes
9 Swedish Meatballs	10 Greek Chicken Dinner	11 Cold Plate Chicken Salad/ Red Pepper Hummus	12 Roast Turkey Dinner	13 Cold Plate Egg Salad/ Carrot & Raisin Salad	14 Salisbury Steak	15 Cajun Tilapia
16 Chicken Parmesan	17 NO MEAL AVAILABLE (office closed)	18 Cold Plate Vegetable Pinwheels/ Four Bean Salad	19 Moussaka (grilled zucchini, peppers & tomato)	20 Cold Plate Turkey Salad/ Mango Orzo Salad	21 Veal Cutlet with Mushroom Paprika Sauce	22 Lemon Pepper Cod
23 Orange & Rosemary Glazed Pork	24 Beef Stew	25 Cold Plate Farfalle Pasta Salad/ Tabouli Salad	26 Turkey Cottage Pie	27 Cold Plate Deli Plate with Sweet Pickles	28 Chicken Florentine	1 Applewood Smoked Salmon

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