

# JANUARY 2025



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

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

# Meals on Wheels London

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

519-660-1430

www.mowl.ca

info@mowl.ca



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Learns your routine to save you energy automatically.

**For more details**  
visit [enbridgegas.com/winterproofing](http://enbridgegas.com/winterproofing)  
or call 1-844-770-3148

## DON'T LIKE DRIVING IN THE WINTER??

We offer

### Transportation Services

to wellness related appointments!

This affordable service is provided by volunteers using their own vehicles. We provide curb to curb transportation services within the City of London **for only \$24 round trip.**

Walkers and canes acceptable

\*\*Wellness appointments can include – doctor, dentist, physiotherapy, x-ray, bloodwork, visiting a loved one in hospital or long-term care, social programming, mental health appointments, chiropractor, hearing aid appointments, optometry, mammography and much more.

Call our office to inquire at 519-660-1430...

Press 2 for transportation!

*Subsidized rates available to those who qualify*

## Inclement Weather Reminder...

Please remember to keep your driveways and walkways cleared of snow and ice so that our volunteers can safely deliver your Meals on Wheels.

We appreciate your assistance!

Please notify the office if our volunteers will be unable to access your door for delivery.

519-660-1430

## 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. Please note times listed are at medium or 50% power.

**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.