

# MARCH 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)
2 Pork Schnitzel	3 Chopped Steak with Caramelized Onions	4 Cold Plate Chicken Souvlaki/ Greek Salad	5 Beef Enchilada Bake	6 Cold Plate Devilled Eggs/ Macaroni Salad	7 Chicken in Chalet Sauce	8 Lemon Dill Baked Salmon
9 Meatloaf	10 Beef Stroganoff	11 Cold Plate Egg Salad/ Carrot & Raisin Salad	12 Turkey Pot Pie	13 Cold Plate Taco Pasta Salad	14 Swedish Meatballs	15 Fish Cakes
16 Pulled Pork With Bun	17 Country Chicken Skillet	18 Cold Plate Tuna Salad/ Macaroni Salad	19 Turkey Burger With Bun	20 Cold Plate Black Bean Burrito Bowl (rice)	21 Chicken Parmesan	22 Cajun Tilapia
23 Greek Chicken	24 Turkey Cottage Pie	25 Cold Plate Coronation Chicken Salad/ Mango Orzo Salad	26 Veal Cutlet with Mushroom Paprika Sauce	27 Cold Plate Pinwheels with Lox and Smoked Salmon/ Four Bean Salad	28 Orange & Rosemary Pork Tenderloin	29 Lemon Pepper Cod
30 Beef Stir Fry	31 Moussaka	1 Cold Plate Deli Plate with Sweet Pickles	2 Chicken Florentine	3 Cold Plate Farfalle Pasta Salad/ Tabouli Salad	4 Pork Schnitzel	5 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/>**

# Meals on Wheels London

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

519-660-1430

[www.mowl.ca](http://www.mowl.ca)

[info@mowl.ca](mailto:info@mowl.ca)

## Marching for Meals is Back!

April 24, 2025

4:00 – 6:00pm

We are raising \$30,000 to provide 12,000 meals for our clients in need.

Please join us at **Covent Garden Market** or you can participate from home too!

Ask us for a pledge form to be sent with your next meal delivery or call the office for information on how to register online.



### 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.