

MAY 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)
27 Chicken Parmesan	28 Beef Stir Fry	29 Cold Plate Smoked Salmon & Cream Cheese Pinwheels	30 Turkey Cottage Pie	1 Cold Plate Coronation Chicken Salad/ Mango Orzo	2 Veal Cutlet With Mushroom Paprika Sauce	3 Lemon Pepper Cod
4 Orange Rosemary Pork Tenderloin	5 Pineapple Pork Fried Rice	6 Cold Plate Falafel Pasta Salad/ Tabouli Salad	7 Moussaka	8 Cold Plate Deli Plate with Sweet Pickles	9 Chicken Florentine	10 Applewood Smoked Salmon
11 Pork Schnitzel	12 Chopped Steak With Mushrooms & Onions	13 Cold Plate Roast Beef Puff Sandwich	14 Beef Enchilada Bake	15 Cold Plate Turkey Salad/ Mango Orzo Salad	16 Chicken with Chalet Sauce	17 Lemon Dill Salmon
18 Pork Carnitas With Tortilla	19 NO MEAL AVAILABLE (office closed)	20 Cold Plate Egg Salad/ Carrot & Raisin Salad	21 Pulled Pork With Bun	22 Cold Plate Taco Pasta Salad/ Corn Salad	23 Beef Stroganoff	24 Fish Cakes
25 Turkey Pot Pie	26 Chicken Parmesan	27 Cold Plate Tuna Salad/ Coleslaw	28 Greek Chicken Dinner	29 Cold Plate Black Bean Burrito Bowl on Rice	30 Country Chicken Skillet	31 Cajun Tilapia

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/>