

# JUNE 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)
1 Turkey Burger	2 Orange Rosemary Pork Tenderloin	3 Cold Plate Coronation Chicken Salad/ Mango Orzo	4 Turkey Cottage Pie	5 Cold Plate Smoked Salmon & Cream Cheese Pinwheels	6 Sweet & Sour Meatballs	7 Lemon Pepper Cod
8 Veal Cutlet With Mushroom Paprika Sauce	9 Pork Schnitzel	10 Cold Plate Deli Plate with Sweet Pickles	11 Pineapple Pork Fried Rice	12 Cold Plate Falafel Pasta Salad/Tabouli Salad	13 Moussaka	14 Applewood Smoked Salmon
15 Chicken Florentine	16 Pork Carnitas With Tortilla	17 Cold Plate Turkey Salad/ Mango Orzo Salad	18 Chopped Steak With Mushrooms & Onions	19 Cold Plate Roast Beef Puff Sandwich	20 Beef Enchilada Bake	21 Lemon Dill Salmon
22 Chicken with Chalet Sauce	23 Pulled Pork (with Bun)	24 Cold Plate Italian Sausage Roll/ Citrus Fennel Salad	25 Orange Chicken Meatballs	26 Cold Plate Maple Bacon Deville Egg Salad/ Watermelon Salad	27 Turkey Pot Pie	28 Beef Stroganoff
29 Swedish Meatballs	30 Greek Chicken Dinner	1 Cold Plate Black Bean Burrito Bake OFFICE CLOSED	2 Bulgogi Beef Rice Bowl	3 Cold Plate Tuna Salad/ Coleslaw	4 Turkey Burger (with Bun)	5 Honey Garlic Meatballs

**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/>