

# JULY 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)
29 Swedish Meatballs	30 Greek Chicken Dinner	1 Cold Plate Black Bean Burrito Bowl OFFICE CLOSED	2 Bulgogi Beef Rice Bowl	3 Cold Plate Tuna Salad/ Coleslaw	4 Turkey Burger (with Bun)	5 Honey Garlic Meatballs
6 Chicken & Dumplings	7 Turkey Cottage Pie	8 Cold Plate Zucchini Fritter Cakes/Dill Potato Salad/Greek Salad	9 Sesame Chicken	10 Cold Plate Coronation Chicken Salad/ Mango Orzo Salad	11 Veal Cutlet With Mushroom Paprika Sauce	12 Lemon Pepper Cod
13 Orange & Rosemary Pork Tenderloin	14 Pineapple Pork Fried Rice	15 Cold Plate Farfalle Falafel Salad/ Tabouli Salad	16 Cabbage Rolls	17 Cold Plate Deli Plate	18 Chicken Florentine	19 Applewood Smoked Salmon
20 Chicken Crunch Burger (with Bun)	21 Chopped Steak with Onions & Bacon	22 Cold Plate Roast Beef Puff Sandwich/ Green Bean Salad	23 Beef Enchilada Bake	24 Cold Plate Turkey Salad/ Mango Orzo Salad	25 Baked Chicken With Chalet Sauce	26 Pierogies with Onion & Bacon
27 Pork Carnitas (with tortilla)	28 Beef Stroganoff	29 Cold Plate Maple Bacon Egg Salad/Watermelon Salad	30 Turkey Pot Pie	31 Cold Plate Italian Sausage Roll	1 Swedish Meatballs	2 Orange Chicken 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/>**