

# August 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 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
3 Pulled Pork (with Bun)	4 NO MEAL AVAILABLE (office closed)	5 Cold Plate Tuna Salad/ Coleslaw	6 Turkey Burger (with Bun)	7 Cold Plate Black Bean Burrito Bake	8 Chicken and Dumplings (includes bacon)	9 Honey Garlic Meatballs
10 Greek Chicken Dinner	11 Sesame Chicken	12 Cold Plate Coronation Chicken Salad/ Orzo Salad	13 Veal Cutlet With Mushroom Paprika Sauce	14 Cold Plate Zucchini Fritters/ Dill Potato Salad/Greek Salad	15 Orange Rosemary Glazed Pork Tenderloin	16 Lemon Pepper Cod
17 Turkey Cottage Pie	18 Cabbage Rolls	19 Cold Plate Deli Plate with Pickles	20 Chicken Florentine	21 Cold Plate Farfalle Falafel Salad/ Tabouli Salad	22 Chicken Crunch Burger (with Bun)	23 Applewood Smoked Salmon
24 Pineapple Pork Fried Rice	25 Beef Enchilada Bake	26 Cold Plate Turkey Salad/ Mango Orzo Salad	27 Baked Chicken with Chalet Sauce	28 Cold Plate Roast Beef Puff Sandwich/Green Bean Salad	29 Pork Carnitas (with Tortillas)	30 Pierogies with Onions and Bacon

Chopped Steak 31

**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/>