

September 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)
31 Chopped Steak with Bacon, Onions & Mushrooms	1 NO MEAL AVAILABLE (office closed)	2 Sausage Roll -Cold Sausage Roll – to Heat	3 Swedish Meatballs	4 Bacon Devilled Egg Salad BBQ Beef Ribette	5 Pulled Pork With Bun	6 Orange Chicken Meatballs
7 Beef Stroganoff	8 Turkey Burger with Bun	9 Black Bean Burrito Bowl Turkey Quesadilla Bake	10 Chicken & Dumplings (includes Bacon)	11 Tuna Salad/Coleslaw Bacon Wrapped Pork	12 Greek Chicken	13 Honey Garlic Meatballs
14 Bulgogi Beef Rice Bowl	15 Veal Cutlet With Mushroom Sauce	16 Zucchini Fritters/Dill Potato Salad Beef Stir Fry	17 Orange & Rosemary Glazed Pork Tenderloin	18 Chicken Salad/ Orzo Salad Pork Schnitzel	19 Turkey Cottage Pie	20 Lemon Pepper Cod
21 Sesame Chicken	22 Chicken Florentine	23 Farfalle Falafel Salad Stuffed Pepper Casserole	24 Chicken Burger (with bun)	25 Deli Plate with Pickles Mac & Cheese with Ham	26 Pineapple Pork Fried Rice	27 Applewood Smoked Salmon
28 Cabbage Rolls	29 Baked Chicken with Chalet Sauce	30 Roast Beef Puff Sandwich Chicken Tetrazzini	1 Pork Carnitas (with tortillas)	2 Turkey Salad Baked Salmon	3 Chopped Steak with Bacon, Onions & Mushrooms	4 Pierogies with Onions and Bacon

Beef Enchilada Bake 5

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/>