

October 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)
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
5 Beef Enchilada Bake	6 Beef Stroganoff	7 BBQ Beef Ribette Maple Bacon Devilled Egg Salad	8 Orange Chicken Meatballs	9 Sloppy Joe Bake Sausage Roll with Marinara Sauce	10 Apple & Sage Pork Roulade	11 Swedish Meatballs
12 Roast Turkey Breast Dinner	13 NO MEAL AVAILABLE (office closed)	14 Bacon Wrapped Pork Tuna Salad/Coleslaw	15 Salisbury Steak	16 Turkey Chili with Cornbread Egg Salad on a Bun	17 Chicken & Dumplings (includes Bacon)	18 Honey Garlic Meatballs
19 Greek Chicken Dinner	20 Sesame Chicken	21 Pork Schnitzel Coronation Chicken Salad	22 Honey Ham No Added Salt (NAS) Diet=Honey Pork Loin	23 Beef Stir Fry Pesto Chicken Stromboli	24 Orange & Rosemary Pork Tenderloin	25 Lemon Pepper Cod
26 Turkey Cottage Pie	27 Cabbage Rolls	28 Mac & Cheese with Ham Deli Plate	29 Baked Chicken Alfredo Pasta with Mushrooms	30 Stuffed Pepper Casserole Falafel Pasta Salad	31 Turkey Pot Pie	1 Fish Florentine
Pork Fried Rice 2						

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/>