

November 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)
26 Turkey Cottage Pie	27 Cabbage Rolls	28 Mac & Cheese with Ham Deli Plate	29 Baked Chicken Alfredo with Mushrooms	30 Stuffed Pepper Casserole Falafel Pasta Salad	31 Turkey Pot Pie	1 Fish Florentine
2 Pineapple Pork Fried Rice	3 Beef Enchilada Bake	4 Lemon Dill Salmon Turkey Salad/Orzo Salad	5 Baked Chicken With Chalet Sauce	6 Turkey A La King Roast Beef Puff Sandwich	7 Roast Beef Dinner	8 Pierogies with Onions and Bacon
9 Meatloaf	10 Roast Turkey Dinner	11 Sloppy Joe Bake Italian Sausage Roll	12 Beef Stroganoff	13 BBQ Beef Ribette Maple Bacon Devilled Egg Salad	14 Orange Chicken Meatballs	15 Swedish Meatballs
16 Apple and Sage Pork Roulade	17 Greek Chicken Dinner	18 Turkey Chili Egg Salad on Ciabatta Bun	19 Bulgogi Beef Bowl	20 Bacon Wrapped Pork Tuna Salad/ Coleslaw	21 Salisbury Steak	22 Honey Garlic Meatballs
23 Chicken & Dumplings (includes bacon)	24 Turkey Cottage Pie	25 Beef Stir Fry Pesto Chicken Stromboli	26 Sesame Chicken	27 Pork Schnitzel Chicken Salad/Potato Salad	28 Honey Ham (NAS=Pork Loin)	29 Lemon Pepper Cod

Pork Tenderloin 30

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/>