



# January 2026



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 NO MEAL AVAILABLE	29 Honey Ham (NAS=pork loin)	30 Pork Schnitzel Chicken Salad/Potato Salad	31 Orange & Rosemary Glazed Pork Tenderloin	1 Beef Stir Fry Pesto Chicken Stromboli	2 NO MEAL AVAILABLE (office closed)	3 NO MEAL AVAILABLE
4 NO MEAL AVAILABLE	5 Cabbage Rolls	6 Macaroni & Cheese with Ham Deli Plate	7 Baked Chicken Alfredo Penne	8 Stuffed Pepper Casserole Farfalle Falafel Salad	9 Turkey Pot Pie	10 Fish Florentine
11 Pineapple Pork Fried Rice	12 Roast Beef	13 Lemon Dill Salmon Turkey Salad Plate	14 Meatloaf	15 Turkey A La King Roast Beef Puff Sandwich	16 Beef Enchilada Bake	17 Pierogies with Onion & Bacon
18 Baked Chicken with Chalet Sauce	19 Veal Cutlet	20 Sloppy Joe Bake Deli Plate	21 Beef Stroganoff	22 BBQ Beef Ribette Maple Bacon Egg Salad	23 Orange Chicken Meatballs	24 Swedish Meatballs
25 Turkey Dinner	26 Chicken and Dumplings	27 Greek Chicken Egg Salad on Ciabatta Bun	28 Turkey Chili	29 Bacon Wrapped Pork Tuna Salad/Coleslaw	30 Salisbury Steak	31 Honey Garlic Meatballs
Lemon Pepper Cod 1						

**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/>