



February 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)
1 Lemon Pepper Cod	2 Pork Cutlet With Mushroom Sauce	3 Marinara Meatball Curried Chicken Salad	4 Turkey Burger with Bun	5 Beef Stroganoff	6 Baked Chicken Tetrazzini	7 Macaroni & Cheese with Ham
				5 Taco Pasta Salad		
8 Pierogies with Onion & Bacon	9 Lemon Dill Baked Salmon	10 Stuffed Pepper Casserole Farfalle Falafel Salad	11 Baked Chicken with Chalet Sauce	12 Greek Chicken	13 Fish Cakes	14 Chicken Parmesan
				12 Deli Plate		
15 Beef Stew	16 NO MEAL AVAILABLE (office closed)	17 Chicken Penne Pesto Coronation Chicken Salad	18 Swedish Meatballs	19 Cajun Tilapia	20 Applewood Smoked Salmon	21 BBQ Beef Ribette
				19 Tuna Salad/ Coleslaw		
22 Vela Cutlet with Mushroom Sauce	23 Honey Mustard Pork Tenderloin	24 Baked Chicken Alfredo with Mushrooms Burrito Bowl on Rice	25 Braised Beef Dinner	26 Honey Roast Pork Chop	27 Cabbage Rolls	28 Fish Florentine
				26 Turkey Salad		
1 Bangers and Mash	2 Hot Chicken Souvlaki	3 Sloppy Joe Bake Egg Salad	4 Beef Lasagna	5 Beef & Shells	6 Chicken Florentine	7 Pulled Pork with Bun
				5 Deli Plate		

Salisbury Steak 8

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/>