



MARCH 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 Bangers and Mash	2 Hot Chicken Souvlaki Dinner	3 Sloppy Joe Bake Egg Salad	4 Beef Lasagna	5 Beef & Shells Deli Plate	6 Chicken Florentine	7 Pulled Pork with a Bun
8 Salisbury Steak	9 Marinara Meatballs	10 Turkey Burger With Bun Taco Pasta Salad	11 Pork Cutlet With Mushroom Sauce	12 Baked Chicken Tetrazzini Broccoli Bacon Salad	13 Pierogies with Feta & Spinach	14 Fish Cakes
15 Macaroni with Pulled Pork and Caramelized Onions	16 Beef Stew	17 Honey Dijon Pork Tenderloin Coronation Chicken Salad	18 Baked Chicken with Chalet Sauce	19 BBQ Beef Ribette Tuna Salad/ Coleslaw	20 Swedish Meatballs	21 Cajun Tilapia
22 Chicken Parmesan	23 Honey Roasted Pork Chop	24 Baked Chicken Penne Pesto Turkey Salad/Mango Orzo Salad	25 Veal Cutlet with Mushroom Sauce	26 Herb & Cheddar Frittata Curried Chicken Salad	27 Creamy Beef and Shells	28 Fish Florentine
29 Ham with Apple Cider Gravy	30 Chicken Burger with Bun	31 Blackened Tilapia Farfalle Pasta Salad	1 Baked Chicken Alfredo	2 Cabbage Rolls Crab Salad/Cucumber Salad	3 NO MEAL AVAILABLE (office closed)	4 NO MEAL AVAILABLE
5 NO MEAL AVAILABLE	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/					