

APRIL 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)
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	6 Honey Dijon Pork Tenderloin	7 Hot Chicken Souvlaki Taco Pasta Salad	8 Penne with Beef Sauce	9 Chicken Florentine Egg Salad/Carrot Salad	10 Sloppy Joe Bake	11 Pulled Pork With Bun
12 Bangers and Mash	13 Cheese Ravioli with Alfredo Sauce	14 BBQ Beef Ribette Asian Noodle Chicken Salad	15 Salisbury Steak	16 BBQ Pulled Beef Tabouli/Greek Salad	17 Stuffed Pepper Casserole	18 Salmon Patty with Lemon Butter Sauce
19 Turkey Burger With Bun	20 Chicken Parmesan	21 Cheese Manicotti Turkey Salad/Mango Orzo Salad	22 Roast Turkey Breast	23 Roasted Red Pepper Frittata Bacon Broccoli Salad/ Macaroni Salad	24 Beef and Rice Bowl with Stir Fry Vegetables	25 Perch Fillet with Lemon
26 Veal Picatta	27 Mango Chicken Curry	28 BBQ Grilled Chicken Breast Salmon Salad/ Red Pepper Hummus	29 Teriyaki Meatballs	30 Chicken Pot Pie Curried Chicken Salad	1 Pork Schnitzel with Lemon	2 Tuna Casserole
Chicken Burger 3	<p>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/</p>					