

MAY 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)
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
3 Chicken Burger with Bun	4 Macaroni & Cheese	5 Pierogies with Feta & Spinach Cold Chicken Souvlaki	6 Mushroom Chicken Alfredo on Penne Pasta	7 Honey Garlic Meatballs Southwest Chicken Salad	8 Ham with Apple Cider Gravy	9 Fish Cakes
10 Chalet Chicken	11 Marinara Meatballs	12 Honey Mustard Pulled Pork Chicken Caprese Pasta Salad	13 Sloppy Joe Bake	14 Creamy Beef & Shells Ham & Swiss Deli Plate	15 Moroccan Vegetable Stew	16 Fish Florentine
17 Beef Burger with Bun	18 NO MEAL AVAILABLE (office closed)	19 BBQ Pulled Beef Tabouli/ Greek Salad	20 Cheese Ravioli with Alfredo Sauce	21 BBQ Beef Ribette Asian Noodle Salad with Chicken	22 Beef & Rice Bowl with Stir Fry Vegetables	23 Salmon Patty with Lemon Butter
24 Salisbury Steak	25 Veal Piccata	26 Red Pepper & Gouda Frittata Broccoli & Bacon Salad	27 Chicken Parmesan	28 Cheese Manicotti Turkey Salad/Mango Orzo Salad	29 Roast Turkey Breast	30 Crispy Perch Filet with Lemon
Turkey Burger 31						

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/>