



JUNE 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) |
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| 31 Turkey Burger with Bun and Carrots | 1 Chalet Chicken with Mashed Potatoes & Vegetables | 2 Chicken Pot Pie Curried Chicken Salad | 3 Mango Chicken Curry with Wild Rice & Thai Vegetables | 4 BBQ Chicken Breast Salmon Salad/ Hummus | 5 Teriyaki Meatball on Brown Rice | 6 Tuna Casserole with Peas & Carrots |
| 7 Pork Schnitzel with Lemon, Diced Potatoes & Braised Cabbage | 8 Baked Ham with Wild Rice & Yellow Beans | 9 Honey Garlic Chicken Meatballs & Dumplings Southwest Chicken Salad | 10 Macaroni & Cheese with Baked Beans & Corn | 11 Feta & Spinach Pierogies with Onions Cold Chicken Souvlaki | 12 Mushroom Chicken Alfredo with vegetables | 13 Fish Cakes with Diced Potatoes and Vegetables |
| 14 Chicken Burger with Bun and Broccoli | 15 Veal Cutlet with Mushroom Sauce and Mini Potatoes | 16 Beef and Shells with Vegetables Ham & Swiss Deli Plate | 17 Marinara Meatballs with Penne and Zucchini | 18 Honey Mustard Pulled Pork; Potatoes; Corn Chicken Caprese Pasta Salad | 19 Sloppy Joe Bake with Yellow Beans | 20 Fish Florentine with Wild Rice and Vegetables |
| 21 Moroccan Vegetable Stew with Couscous | 22 Chicken Parmesan on Penne with Broccoli | 23 BBQ Beef Ribette with Diced Potatoes Tabouli with Greek Salad | 24 Red Thai Curry with White Rice (NOT SPICY) and Thai Vegetables | 25 BBQ Pulled Chicken with Potatoes & Corn Bacon Broccoli Salad with Macaroni Salad | 26 Cheese Ravioli with Alfredo Sauce and Vegetable Mix | 27 Salmon Burger with Bun and Peas & Carrots |
| 28 Stuffed Pepper Casserole with Yellow Beans | 29 Sweet & Sour Meatballs with Brown Rice and Vegetables | 30 Beef & Rice Bowl with Stir Fry Vegetables Asian Chicken Noodle Salad | 1 NO MEAL DELIVERY (office closed) | 2 BBQ Pulled Beef with Rice Pilaf Salmon Salad with Red Pepper Hummus | 3 Pork Schnitzel with Savoury Potatoes and Braised Cabbage | 4 Cheese Manicotti with Garlic Green Beans |
| Turkey Breast 5 | 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/ | | | | | |