

JULY 2026



NEW MEALS ARE
HIGHLIGHTED

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)
28 Stuffed Pepper Casserole with Yellow Beans	29 Sweet & Sour Meatballs with Rice and Vegetables	30 Beef & Rice Bowl with Stir Fry Vegetables Asian Chicken Noodle Salad	1 NO MEAL AVAILABLE (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
5 Turkey Breast with Mashed Potatoes and Vegetables	6 Veal Piccata with Potatoes and Creamed Spinach	7 Honey Garlic Chicken Meatballs Turkey Salad/Orzo Salad	8 Macaroni & Cheese with Baked Beans and Corn	9 Dijon Pork with Scalloped Potatoes Curried Chicken Salad	10 Mushroom Chicken Alfredo on Penne with Vegetables	11 Fish Cakes with Diced Potatoes
12 Turkey Burger with Bun and Carrots	13 Feta & Spinach Pierogies with Onion and Vegetables	14 Chicken Stir Fry with Rice & Edamame Chicken Souvlaki/Greek Salad	15 Sloppy Joe Bake with Yellow Beans	16 Grilled Sausage with Potato Patty & Corn Chicken Caprese Salad	17 Teriyaki Beef and Rice with Broccoli	18 Battered Whitefish with Waffle Fries and Peas
19 Vegetable Pilaf with Roasted Chickpeas and Vegetables	20 Marinara Meatballs with Penne and Zucchini	21 Vegetable Samosa with Rice Pilaf Southwest Chicken Salad/Potato Salad	22 Grilled Bratwurst with Savoury Potatoes & Root Vegetables	23 Tex Mex Beef & Rice Beef & Provolone Deli Plate	24 Chicken Chili with Rice and Roasted Corn	25 Multigrain Tilapia with Coconut Lime Rice and Shredded Kale
26 Chicken Burger with Bun and Broccoli	27 Stuffed Pepper Casserole with Yellow Beans	28 BBQ Pulled Chicken with Potatoes and Corn Broccoli & Bacon Salad/Macaroni Salad	29 Chicken Parmesan with Penne and Broccoli	30 BBQ Beef Ribette Tabouli/ Greek Salad	31 Red Thai Curry (Not Spicy) With Rice and Thai Vegetables	1 Salmon Burger with Bun and Peas & Carrots
2 Cheese Ravioli	<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>					