

AUGUST 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)
2 Cheese Ravioli with Alfredo Sauce and Mixed Vegetables	3 NO MEAL AVAILABLE (office closed)	4 BBQ Pulled Beef with Rice and Corn Salmon Salad with Red Pepper Hummus	5 Sweet & Sour Meatballs with Rice and Vegetables	6 Beef & Rice Bowl with Stir Fry Vegetables Asian Noodle Salad with Chicken	7 Cheese Manicotti with Garlic Green Beans	8 Tuna Casserole with Peas & Carrots
9 Pork Schnitzel with Lemon, Diced Potatoes & Braised Cabbage	10 Butter Chicken on Brown Rice with Vegetables	11 Dijon Roasted Pork with Scalloped Potatoes Curried Chicken Salad/Coleslaw	12 Veal Piccata with Mashed Potatoes and Creamed Spinach	13 Honey Garlic Chicken Meatballs with Dumplings Turkey Salad/Orzo Salad	14 Macaroni & Cheese with Baked Beans and Corn	15 Fish Cakes with Diced Potatoes and Vegetables
16 Mushroom Chicken Alfredo with Penne and Vegetables	17 Vegetable Pilaf with Roasted Chickpeas and Vegetables	18 Grilled Sausage with Potato Patty & Corn Chicken Caprese Salad	19 Feta & Spinach Pierogies with Sauteed Onion and Vegetables	20 Chicken Fried Rice with Edamame Chicken Souvlaki/Greek Salad	21 Sloppy Joe Bake with Yellow Beans	22 Battered Whitefish with Waffle Fries and Peas
23 Teriyaki Beef and Rice with Broccoli	24 Sweet & Sour Chicken Meatballs with Fried Rice	25 Tex Mex Beef & Rice with Vegetables Beef & Provolone Deli Plate	26 Marinara Meatballs with Penne and Zucchini	27 Vegetable Samosa with Rice and Roasted Tomatoes Southwest Chicken Salad	28 BBQ Grilled Bratwurst with Savoury Potatoes and Root Vegetables	29 Multigrain Tilapia with Coconut Lime Rice and Shredded Kale
30 Chicken Chili with Rice and Roasted Corn	31 Chicken Parmesan on Penne with Broccoli	1 Stuffed Pepper Casserole Bacon Broccoli Salad/Macaroni Salad	2 BBQ Beef Ribette with Diced Potatoes and Vegetables	3 Pork Schnitzel with Potatoes and Cabbage Tabouli with Greek Salad	4 Cheese Ravioli with Alfredo Sauce and Vegetables	5 Italian Glazed Cod with Quinoa and Sauteed Kale
Beef Stroganoff 6						

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/>