

SEPTEMBER 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)
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
6 Beef Stroganoff with Egg Noodles and Peas	7 NO MEAL AVAILABLE (office closed)	8 Sweet & Sour Meatballs with Brown Rice Salmon Salad/ Red Pepper Hummus	9 Cabbage Rolls on White Rice with Yellow Beans	10 Beef & Rice Bowl with Stir Fry Vegetables Asian Noodle Salad/ Sesame Cucumber Salad	11 Cheese Manicotti with Garlic Green Beans	12 Salmon Burger with Bun and Peas & Carrots
13 Pasta Primavera with Creamed Spinach	14 Honey Garlic Chicken Meatballs with Dumplings	15 Dijon Roast Pork with Scalloped Potatoes Chicken Salad/ Cucumber & Tomato Salad	16 Macaroni & Cheese with Baked Beans and Corn	17 Mushroom Chicken Alfredo on Penne Turkey Salad/Mango Orzo Salad	18 Butter Chicken on Brown Rice with Mixed Vegetables	19 Asian Glazed Salmon with Fried Rice and Peas & Carrots
20 Jambalaya with Rice and Grilled Zucchini	21 Chicken Stir Fry with Rice and Edamame	22 Jamaican Patty with Rice & Peas Chicken Souvlaki/ Green Salad	23 Sloppy Joe Bake with Yellow Beans	24 Creamy Beef & Shells with Carrots Caprese Chicken Pasta Salad	25 Vegetable Pilaf with Roasted Chickpeas and Kale	26 Crab Cake with Lemon Butter Sauce and Diced Potatoes
27 Teriyaki Beef and Rice with Broccoli	28 Tex Mex Beef & Rice with Roasted Corn	29 Vegetable Samosa with Rice Pilaf Beef & Provolone Deli Plate	30 Sweet & Sour Meatballs with Fried Rice and Carrots	1 Chicken Chili with Rice Southwest Chicken Salad	2 Honey Mustard Chicken with Scalloped Potatoes and Peas	3 Multigrain Tilapia with Coconut Lime Rice and Sauteed Kale
Ratatouille Rotini 4						

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/>

