

OCTOBER 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)
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
4 Ratatouille Rotini with Grilled Zucchini	5 Stuffed Pepper Casserole with Yellow Beans	6 BBQ Beef Ribette with Diced Potatoes and Vegetables Tabouli and Greek Salad	7 Beef Stroganoff on Egg Noodles with Peas	8 Pork Schnitzel with Mashed Potatoes and Cabbage Broccoli Bacon Salad/ Macaroni Salad	9 Cheese Ravioli with Alfredo Sauce and Vegetables	10 Italian Glazed Cod with Quinoa and Sauteed Kale
11 Roast Turkey with Mashed Potatoes and Root Vegetables	12 NO MEAL AVAILABLE (office closed)	13 Cabbage Roll on White Rice with Yellow Beans Asian Noodle Salad with Chicken	14 Beef and Rice Bowl with Stir Fry Vegetables	15 Cheese Manicotti with Garlic Green Beans Salmon Salad/ Red Pepper Hummus	16 Pasta Primavera with Creamed Spinach	17 Salmon Patty with Bun and Peas & Carrots
18 Chicken Parmesan on Penne with Broccoli	19 Dijon Roasted Pork with Scalloped Potatoes and Beets	20 Macaroni & Cheese with Baked Beans and Corn Turkey Salad/ Mango Orzo Salad	21 Mushroom Chicken Alfredo on Penne with Vegetables	22 Butter Chicken on Brown Rice with Vegetables Chicken Salad with Ciabatta Bun	23 Jambalaya with Rice and Grilled Zucchini	24 Asian Glazed Salmon with Stir Fry Vegetables
25 Honey Garlic Chicken Meatballs with Vegetable Dumplings	26 Jamaican Patty with Rice and Peas	27 Sloppy Joe Bake with Yellow Beans Caprese Chicken Pasta Salad	28 Vegetable Pilaf with Roasted Chickpeas and Kale	29 Creamy Beef & Shells with Carrots Chicken Souvlaki with Greek Salad	30 Teriyaki Beef and Rice with Broccoli	31 Crab Cake with Lemon Butter Sauce and Diced Potatoes

Chicken Stir Fry 1

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/>

